SEVEN GRACES

BY LORD EXITTER

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IF YOU ARE NOT A TRAINED SCIO, YOU WILL NEED THE SPECIAL SCIENTOLOGY DICTIONARY TO UNDERSTAND MUCH THIS BOOK.

GRACES ARE THE SEVEN SPIRITUAL GRADES, WHICH ONE SEEKS, ABOVE THE STATE, OF SCIENTOLOGY CLEAR. THEY ARE AT THE LEVEL CALLED THE THIRD DYNAMIC.

THIS BOOK IS FOR CLEARS WHO CAN AUDIT. IT TELLS HOW TO CLEAR YOUR SECOND, THIRD, AND FOURTH DYNAMICS. IT TELLS HOW TO BECOME TRULY FREE FROM BOTH GROUP INSANITY, AND SUPPRESSIVE PERSONS. IT EXPLAINS HOW TO DEVELOP AN OT (MAGICAL) LEVEL OF SOCIAL COMPETENCE. YOU MUST READ THE ENTIRE BOOK BEFORE BEGINNING THE AUDITING, OR YOU WILL RUN INTO DIFFICULTIES. YOU SHOULD ALSO BECOME FAMILIAR WITH THE WALL OF FIRE PROCESSING, AND RELATED MATERIALS. (OT 3 IS AVAILABLE ON THE NET FOR FREE.)

THIS BOOK HAS A NEW KIND OF TABLE OF CONTENTS, WHICH GOES INTO GREATER DETAIL IT IS USEFUL AS A REFERENCE, AND STUDY AID.

EXITTER: One who is involved with departing, and ending off business, communication, and interchange.

I neither teach, nor care to deal with any formal group; so publication of this book is the end of my involvement with it. The book is for free individuals. Any free individual could write this book, or better, once they have had enough auditing. Anyone may reproduce this book for personal use, for free. If anyone reproduces this book, for commercial purposes, absolutely none of the wording may be altered.

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CHAPTER 1

A BRIEF HISTORY OF HOW THIS BOOK WAS EVOLVED

. In 1985, LRH released the False Purpose Rundown (FPRD). He said FPRD was a truly OT process. The False Purpose Rundown is regular Scio Grade II deepened to run the severe engrams, which are the basic charge behind overts and witholds. The theory I derived from the False Purpose Rundown was that all charge in all banks originates basically from engrams.

First Dynamic Scio Grades were all temporary grades because they failed to erase those underlying engrams. Since early Scio grades were so temporary, we had Scios on OT 7 who still had to check their triple ruds at the beginning of every session. Not only that, as one went up the OT levels, there were more and more ruds to check. This was plain attestation to the instability of those key-out grades, which they spent years to attain. We do not want the state of OT to be the top storey of a house of cards. Above the state of Clear, we now have new powerful processes, which give permanent results.

I was Clear when FPRD arrived. On experimentation it was discovered that a Clear could run FPRD solo without a meter. The FPRD Self-Audited Engram process was run for about thirty hours per week, for nearly three years, then, it suddenly stopped. Then ARC break engrams began to run. The auditing had achieved a permanent Grade II engram release, perhaps the first in the world. Furthermore, a grade III engram process had unfolded. That took a few years to go flat, and it too produced a permanent release so that ARC breaks could never be run, either.

NOTS buttons are bypassed engram charge, which pops up to interfere with NOTS sessions. The buttons must be either keyed out, or erased so that the NOTS sessions can continue. They include the Prepcheck Buttons. After a few years, the NOTS button called Counter Effort also went flat, forever.

If one is Clear, one has no First Dynamic Bank, but here was a Clear running engrams. LRH had broken through to auditing 3rd Dynamic engrams with the FPRD process. There are a near infinite number of engrams on the track, but processes, aimed at specific classes of engrams, eventually produce eternal releases for those classes of engrams.

If you personally are your 3rd Dynamic, you must therefore be able to have personal 3rd Dynamic engrams. These engrams hurt your body just like 1st Dynamic engrams do. They are higher-level personal bank, which must be erased. There would, in theory be eight personal banks for everyone in this universe, one bank for each Dynamic.

When FPRD goes flat, for example, one's own O/Ws can never restimulate engrams again. One cannot be personally Sec Checked again. There is no charge on the subject of one's own O/Ws. The ability gained is the ability to be honest. That is a worthy goal. It is a very light-hearted, non-serious thing.

If one 3rd Dynamic engram grade could exist, what about the rest of the Grade chart? Yes. There are seven 3rd Dynamic engram grades just as there are seven 1st Dynamic grades, and all grades have at least the personal and the expanded engram flows. To differentiate among the Dynamics, once again, we will call the 3RD Dynamic grades, The Seven Graces. (The NOTS buttons make up additional 3rd Dynamic Levels, which correspond to the Expanded Know to Mystery Scale.). We have over half a lifetime of auditing to do here on just the 3rd Dynamic, but keep in mind we are working in Eternity. The race to OT is on. Your opponent is Death.

Your 3rd Dynamic is not all those people over there. It is you. It is your personal beingness. You are that big. You are all those people over there as well as yourself. The fact that you can affect an entire group, by auditing yourself, proves that.

Due to the length of the 3D processes, there have been no 3rd Dynamic Clears produced at this time. At the time of researching, average time for auditing a 3rd Dynamic Grace was nearly three years, but that was an exceptionally heavily charged case. An individual in good shape might achieve the same Graces three to ten times faster. Technical improvements, which speed up the auditing, appear quite often. I predict that these Graces and Levels will be gained at an astonishing rate, in the future, but your rank in the future game depends on what diligent work you do today.

So far, very few beings have embarked on the 3rd Dynamic Engram Bridge.

The materials of Seven Graces have been compiled after about twenty to forty thousand hours in session, and should be quite reliable in producing the stated results. The better trained you are, the more easily you will handle any tech glitches in this instruction manual. Hopefully, they will be few.

Above Clear, one can now audit and clear the Second, Third and Fourth Dynamic Banks. That technology is now presented in this book. Strong group awarenesses and OT abilities turn on, long before one clears the 3rd Dynamic. The following processes work. That does not mean they are perfected. A skilled auditor will quickly confirm the claims put forth. The 4th Dynamic is set up so that it is on the rails, so to speak, so that it will unfold, for clearing, as soon as any individual has done enough auditing on it. There are many experts who can improve on this work and I hope they do so. The most important thing is that, everyone who can, must go free on these dynamics as soon as possible. The upper Graces (four through seven) may also need a tad more research here and there.

Read the entire book before starting on the auditing.

CHAPTER 2
SOME CORRECTIONS REGARDING SCIO TECHNOLOGY

1. SCIENTOLOGY TECH CAN ADVANCE AGAIN

Hubbard was absolutely right to not allow any changes in his writings back in the old days, and no one should ever change a word of what he wrote or said, not now, not ever, but we can, and should write up what we have seen, and what we have learned since then.

Up until about the time of his death, Scios had neither sufficient training, nor auditing, nor experience, to tell Hubbard much of anything, which he did not already know, but by about l990, there were tens of thousands of highly trained Scientology techies, with thirty years or more of experience. Lets face it. These boys and girls know something. They have come to the limit of available training, and auditing. They have developed their intellectual potentials and technical certainties far above the humanoid state. They have been at the frontiers of the subject for a long time.

If we can't identify, and correct the flaws in a subject, then it is a dead subject, isn't it? A dedicated Scio will find hundreds of significant flaws in Hubbards work. (What would you expect in twenty six million words of highly technical material.) To be able to look a subject in the eye, and see its lies, is one of the most important things he taught us, so why not expose Hubbard's lies whenever they are found? By exposing a lot of lies, you end up with a lot more certainty, and that is what we are about. It's okay to be wrong, now and then, and its more okay to seek the truth. The pursuit of truth is the most civilized avocation you can ever take up.

This book, no doubt, has lies in it. (Hopefully, they are few.) When you discover them, please, kindly warn others. The book can be revised yet, for a while. Despite occasional flaws, there are facts of great, and unshakeable certainty. I cannot give you those greatest certainties. I can only direct you into paths where you will win them for yourself. They can only come through completions of the auditing processes. Results like these are the most valuable certainties in the cosmos.

2. ONE REASON OUR OTS MISSED THE THIRD DYNAMIC BANK AND FAILED TO SAVE THE CHURCH IS UNDETECTED FALSE END PHENOMENA ABOVE FIRST DYNAMIC CLEAR.

Postulate off is a 1st Dynamic EP. It is not a 3rd Dynamic EP, nor is it a correct 4th Dynamic EP. Above Clear, one must audit the pain entirely out of an incident before it is flat. There may be several postulates in an

incident. There may be postulates made by others in the incident. There may be a series of somewhat opposed postulates as per the tech on first, second, third, and fourth postulates. There may be things like realizations, aesthetics, counter efforts, protest, and flow reversals to get off while running the incident.

An example of a flow reversal is the blowdown you get when you manage to hit back at an enemy who has been hitting you for a while. Spotting a flow reversal is a major win point in a 3D session, but it is not the full EP.

Most importantly, Pre OTs must erase all engrams in a 3D incident. Running hard engrams will also injure the body in every session. The body, since it is a living thing, makes facsimiles of session engram impacts. During, and after any engram process, one must be sure to apply the Body Help Process (explained later) to erase the body's facsimiles of those very real body injuries incurred from the thetan's session. Postulate off, and floating needle are simply no longer enough.

LRH erroneously said that an incident is erased when the postulate is gotten off. That is certainly not true above Clear. He erroneously said that an incident is erased when the aesthetic is run out of it. The truth is that an incident is not erased, until all the pain and unconsciousness is run out of it. The real EP, above Clear, is that when you reread your session notes of every impact and injury, in the incident, there is nothing in restimulation.

Keyed out OTs are produced in every nation in the world. There are Medicine Men, Sufis, Witches, Kahunas, Rishis and on and on. The more needed product is permanent OTs who can handle groups.

Jesus said, "You shall not attain heaven by good works but by Grace." Perhaps Scios understand this a little better than most. In the Nag Hammadi scrolls, in the Gnostic text, "The Gospel of Thomas", Chapter 1, Verse 20, Jesus said, "When you can put a hand where there is a hand, then you shall attain to the Kingdom of Heaven." If that is not an ancient reference to the perfect duplicate, I don't know what else it could be. At any rate, it takes a lot of Grace to do a perfect duplicate of a hand.

3. SOME ADJUSTMENTS TO SCIENTOLOGY AXIOMS

Space is a postulated extension of beingness of self, from a viewpoint.

Imagination is postulated particles in space.

Matter is condensed imagination. (Therefore matter can be both created, and destroyed.)

Energy is matter in motion relative to other matter.

Energy is controlled by postulates and new considerations. (Therefore energy can be both created,and destroyed.)

Time is postulated persistence.

Postulating persistence in matter, makes it physical.

Considerations are postulates of degree, directing the motion, and location of matter.

Adding the consideration of perpetual motion makes matter persist in a manner, which can then be automatic.

Some considerations can change the location of matter instantaneously, without travel.

Matter acts exactly as if it was in cosmic attention fields, and moved about by postulates, and considerations.

Light, and other octaves of energy, like electricity, and radio energies are a postulated sympathetic dance, which covers a range from cosmic, through subatomic levels. (Light is not subatomic particles flying through space.) A chunk of matter vibrates, at a light frequency, then millions of miles away, some matter in someone's eye vibrates sympathetically, thereby, a person sees that light. The dance, which is called light, has a communication lag, and can involve intergalactic distances. Higher frequency shortens communication lag. (Therefore different wave frequencies all have different speeds, and the speed of one colour of light is not constant for any other frequency of radiation waves, like radio, etc.) Longer distance lengthens communication lag.

The product of auditing the Sixth Dynamic would be awareness, and control of the sort of postulates, and considerations, which concern matter.

4. WIDE OPEN NOTS CASES MISS A LOT OF GAINS.

Those Clears and Pre-OTs who "erase engrams by inspection", are not really erasing those engrams. They are running heavy locks, which very nicely keys out those engrams, but definitely does not erase them.

If you experience impacts, and pain in an engram session, you are, what is called, an occluded case. If you do not experience a lot of pain in an engram session, you are still, what is called, a wide-open case. If you are not an occluded case yet, you need to become one, as fast as possible. How to go from wide-open, to occluded is the next auditing level, above Clear, in this book.

Scio OTs produced at this time, cannot confront 3rd Dynamic Bank because they have not audited it, and have run only a fragment of 4th Dynamic Bank. They are wide-open 3rd Dynamic cases, who have dodged the pain. Pain is currently a taboo auditing subject, for Clears, and pre-OTs, so pain controls them, and therefore, most of their gains are unstable.

Unstable gain is any case gain, which might be lost, in the next billion years, or so.

A wide-open OT case can still open up a lot of whole track, but he occasionally gets dub-in, (false incidents), which read just fine on the meter, and run beautifully. Underlying a dubbed in incident, one will

typically find a very heavy real incident full of terrific pain and horror, but most of our present OTs cannot dig that deeply, to the truth. They are trained to otherwise handle (avoid) the pain. Because of that, you get OTs writing books telling wild, but occasionally false, tales about the whole track. Whole track is incredible enough, without the dub-in.

5. A MASSIVE GRADE CHART ERROR BOGGED TENS OF THOUSANDS ON OT3, and OT7

The Wall of Fire is both 3D engrams and 4D engrams plus the Body Thetan problem.

A Clear is usually capable of auditing far above his level for a time. LRH skipped the vast majority of 3D, and 4D engrams, and went on to audit Body Thetans out of Sequence. He was always putting in ruds, always patching, always sending to review. It was an unconfronted skipped gradient. NON CONFRONT COMPLICATES A SUBJECT.

Per HCOB 23 SEP 68, all Solo NOTS auditors would qualify as resistive cases (item 6), because all their 3rd Dynamic grades are way out.

First Dynamic Grades auditing is the action of blowing light, and heavy locks. It is a terrible invalidation and incorrect action to send an OT 3 or Solo NOTS auditor back to do 1st Dynamic Grades.

The validated, and acknowledged state of Clear is the full EP of First Dynamic auditing. A Clear has no business being processed, by an auditor on any First Dynamic processes. No First Dynamic auditing for Clears. None.

If a Clear cannot confront self-audited engrams, there are self-audited, unburdening processes in this book, to get up to self–auditing those engrams. If a Clear can confront engrams, he should be auditing 3rd Dynamic engram grades, and only occasionally, OT3, and NOTS, but only when it shows up. Okay, so 3D engram grades did not exist. They do now.

OT 3, and NOTS, are not OT levels at all. There is no event on Earth comparable to the magnitude of the OT3 breakthrough, but it is no wonder there were such uncertain results. The old way of running OT 3 and NOTS was mainly a charitable act to other thetans. It changed how the entire world thinks, but it did not free the Pre OT, except temporarily. The early OTs lightened the planet wide charge so the rest of the world could more easily do their bridge. Thanks, dear NOTS friends.

The extensive training for NOTS is no longer necessary, because the tech, from Clear on up through NOTS material, is now very simple.

A surprise announcement of these days is that a Clear, self-auditing his 3rd Dynamic is in little danger from the Wall of Fire. If it keys in, a brief handling will suffice. Not only that, The Wall of Fire will continue to diminish from year to year, as you erase more of your engrams.

There is nothing so stable as a Clear, self-auditing 3rd Dynamic Engram Grades. When one encounters body thetans, one can easily blow them off using OT3 technology, then return to 3D auditing. After some

years of auditing 3D engrams, one discovers excellent abilities to audit body thetans. The move to 4D processes is easy for a 3D auditor.

NOTS, done the old way, will never go flat because the real source of the problem is personal 3rd and 4th Dynamic engrams, not other beings. No one can truly flatten OT3, nor OT7 without erasing his own engrams first.

An engram is an inflow point. You inflowed an impact, made a facsimile of the inflow action, and then that facsimile continues to enforce the inward flow. There is actually a permanent body inflow point where an engram facsimile sits. Psychics see a hole in the aura at the position of the keyed-in engram. A body thetan is so weak that he gets sucked in by this flow, and sticks to the facsimile, which might be condensed to the size of a grain of sand. You can free the body thetan but the unrun facsimile will suck in another body thetan and another. You must erase your engram, which makes a home, (actually a prison) for your current BT.

A restimulated engram imposes, on the thetan, an impulse to dramatize. The leader of a cluster believes that the theta being is losing control. A cluster is a group of body thetans, which acts like a team. The leader of the cluster directs his team to take control of the body whenever their special facsimile is restimulated. One can free the cluster, and disperse it, but another cluster may fill the vacated post, when that facsimile is restimulated again.

6. PARALLEL LIVES, A MAJOR FLAW IN GF 40, THE GREEN FORM.

LRH said that many beings run more than one body at the same time but he never did anything about it. Since parallel lives are blocked from consciousness, GF 40 (Questions for resistive cases) may fail to read on serious case difficulties like years of shock treatments in another body, which may be still living. If a PC runs two, or more bodies, the charge on the misadventures of some other body does not show up unless specifically asked for. The PC who runs more than one body may be nearly NCG (No Case Gain) and may be falsely declared suppressive because of the misstated GF 40 questions, which miss the charge from the other body.

Having more than one body may mean that the being has more than one set of folders. For a being to have two or three different C/Ses, running two or three auditing programs, on two different continents, at the same time, will confuse one and all. A meter should be set at highest sensitivity, and any other sets of folders should be located. The other identity(s) should be named, located, and all brought together if possible. The Scio church never did that. Failure to centralize or synchronize the auditing of multiple bodies could mishandle cases, and knock many capable beings off the Bridge. If a PC has four or five unacknowledged bodies, he can be a C/S's nightmare. An auditor should check quite early whether a PC has other bodies, then phrase future questions accordingly.

Living with, or near another self, has one major advantage. I would use the opportunity to get a lot more auditing hours in, by scheduling different bodies to audit, in shifts.

The opposite problem to parallel lives is multiple beings in control of one body. You could get three or more small theta beings running one body. Sometimes you get a suppressive being attached to a theta being. The theta being runs the body at work, then at some time, or other, it is party time, and the suppressive being takes over. Sometimes there are two or several suppressive beings, taking turns running a body. It seems that Scios did no handling for such problems.

NOTE: THE WORD, "SUPPRESSIVE" IS AN ADJECTIVE. THE WORD, "SUPPRESSOR" WOULD BE THE NOUN. FOR THE COMFORT OF THE LANGUAGE, I SHALL USE THE WORD, "SUPPRESSOR", INSTEAD OF THE ABBREVIATION, "SP". THE WORD "SUPPRESSOR" DOES NOT NEED TO BE CAPITALIZED, AS IS THE CUSTOM WITH "SP"

7. SO SCIENTOLOGY IS HERE TO RESCUE YOU? – NOT LIKELY. SCIENTOLOGY CHURCHES HAVE BEEN BATTERED BY GROUP BANK, THEN TAKEN OVER BY SUPPRESSORS FROM OUTSIDE, AND INSIDE THE CHURCH. THE CHURCH IS NOW A TRAP.

The 3rd Dynamic has been fashioned into a trap for the 1st Dynamic, (The group against the individual is not good odds.)

The 4th Dynamic is a trap for the 3rd Dynamic, and so on up the Dynamics.

Suppressive groups have been very busy messing up the field of life. Their OTs have defeated our OTs, and now manage the church, with the intention of enslaving and eventually destroying the world, and after that, the entire physical universe.

8. PER LRH, THE WAY OUT OF A TRAP IS TO BE THE TRAP, AND THAT GOES FOR THE TRAPS OF EVERY DYNAMIC

The individual must causatively be the 3rd Dynamic to be free of third dynamic traps. The way to knowingly become the 3rd Dynamic is to audit 3rd Dynamic engram grades, then onward to higher Dynamics. This auditing is now possible. The necessary technology for upper dynamic clearing is outlined in this book. You already are all your Dynamics. Your job is to be them knowingly.

9. WHY SUPPRESSORS DO NOT GET CAUGHT IN THE SCIO CHURCH

LRH said that if you master your tech well enough, you cannot be PTS. The trouble with that statement was that sufficient tech simply did

not exist. Being highly trained did not save any of Hubbards top officers from conquest by other suppressors.

The PTS Rundown has some great errors. It mainly audits only two types of suppression out of the seven grades, (Problems, and OWs).

It is not true that all suppressors were being effectively detected.

It is not true that all suppressors were being effectively handled in session.

It is not true that doing steps A to E would really change a genuine suppressor, who might have been practising for a trillion years.

It is not true that the techies fully knew how suppressors operated.

All seven Third Dynamic Graces are used suppressively by suppressors, and all levels of the Know to Mystery Scale can be used suppressively.

There was a whole lot more suppression going on than was previously suspected. Suppressives sat securely in power positions. The new auditing of Third Dynamic Grades, and of the Know to Mystery levels solves that.

10. THE ORIGINAL DEFINITION OF SUPPRESSOR IS INADEQUATE.

DEFINITION - A suppressor is a being who has killed himself spiritually at some time in the past, and now lives, and prospers by spiritually killing others.

The suppressor hoped to go OT, by killing off his sense of compassion, and by taking joy in the suffering of self and others. Vast armies of these demon beings were processed, and trained, at various times. Trillions of suppressors actually did go OT, by such ceremonial procedures, which took perhaps thousands, perhaps millions of years, at the cost of becoming spiritual cripples, in constant danger of slipping into a state of full materiality. Many have gone into that full materiality, and those suppressors who survive, live in constant fear of it. Like movie vampires, only regular meals of thetanish blood can keep them alive.

LRH said, more or less, that when two beings are at odds, they must have somewhat similar facsimiles in restimulation. They do. When people are in a quarrel, what they do in the theta universe is shove somewhat similar facsimiles at each other. The loser of the quarrel takes both facsimiles into his mind. The winner feels happier and more powerful, because he has just given away a part of his bank, at least for a while.

Suppressors always want to enturbulate others so that others will take away some of their facsimiles. Suppressives, due to their deadness are experts at, enturbulation, and undefeatable positions in arguments. (You need not be right to be undefeatable in an argument, just act dead, like a suppressor.)

It is not true that suppressives have no power. A successful suppressive has, on a gradient, given away so much of his bank to other beings that he can be a brilliant, perceptive OT, still insane, but very

powerful; a powerful, insane, spiritual cripple. The only way he can become more OT, is by doing more, vicious crimes. This is the nature of seduction by the dark side.

When a suppressor has killed off all the theta beings, he will have no more servants. He just might become the permanent OT master of totally uninhabited continents of ruins, and rubble, if he succeeds.

The penalty for failure for both theta beings, and suppressors is spiritual death, and materiality.

When a theta being goes free of some suppression, he releases the suppressor's facsimiles, so that they can return to their owner. That is why, during auditing, you occasionally notice a communication line to one of your suppressors. He glowers, down the line, hoping you will give in to him again. The Scio doesn't give in. He just keeps on auditing. That is one reason why suppressors fear Scios, and Scio tech.

There are currently several new ways to free oneself from suppressors. One is new ways of erasing the engrams restimulated by suppression. We can now reach the suppressor where he secretly lives. We can now freely mock up a suppressor's dead viewpoint for ourselves, thereby being unaffected by his carryings on. We can identify suppressors with much increased speed, and certainty. We can rapidly destimulate suppressed groups.

The mysteries of suppression are now nearly all solved. It had been a constant losing battle for the theta beings, since genesis of the time track. The secret is now out, and the truth is unstoppable. Make what you will of it, but know that theta beings are breaking out, and breaking free. The knowledge is spreading at literally astronomical speed. Thanks Ron.

11. THE ORG BOARD OF SUPPRESSIVE DEADNESSES (THESE ARE DESTROYED COMPASSIONS)

Lack of compassions is what separates the suppressor from the Theta Being. The suppressor killed these compassions within himself, so that he could always unjustly rule over others. Thus he destroyed his own beingness, and now compulsively harms others, so that he can gloat from his dead viewpoint. Here are some brief introductory details of what a suppressor is like. He intentionally does the following anti-theta acts

1. The suppressor does not confront and witholds comm lines.
2. The suppressor does not care, and witholds cycles of action.
3. The suppressor does not love, and witholds fair exchange.
4. The suppressor does not reason, and witholds whys.
5. The suppressor does not observe, and witholds validation.
6. The suppressor does not set theta goals, and witholds coooperation.
7. The suppressor does not evaluate, and witholds trust.

We have all had these deadnesses from time to time, but most of us can get over those episodes, with a little training, and a little auditing.

12. HUBBARD'S SUPPRESSOR WOLF PACKS

Both the regular orgs, and LRH's rebel orgs under the Galactic Patrol, are currently polluted, right up to the top, with suppressives. Can an individual full of suppressive deadness get promoted right to the top ranks of the Galactic Patrol? If Bill Franks, and his buddies, can, then, how many others will there be? Hubbard's wolf packs of senior officers never did one thing. They would declare each other suppressive after a number of insane, selfish criminal acts, then, they would handle, but they would never finish the job. They would never impose long-term reduction of rank on one of their sweet psychotic buddy boys, and girls. After crush sell, press gangs, and postulate cheques – they still didn't catch on, because they were PTS, along with the rest of us, or more likely they had similar suppressive intentions. I no longer care.

Once a senior officer, and soldier of darkness, always a senior officer. How nice. Conversely, truly capable individuals could never get promotion. How nice again. It was very easy for enemy infiltrators to take over the Cos. The only difference between the treacherous new enemy management, and the treacherous old management was that there was no difference at all. Management was always out ethics, and always out of touch. Situation, normal. It is not a demonstration of OT management power to throw the lives of brilliant, and willing workers into chaos over and over again on aberrated whims. When a senior officer does that, let him beware, because freed staff members, in the future, will come gunning for him, in session.

I would not work for such a group for ten seconds. Better to self-audit in a shack in some lost, and distant galaxy.

Steps A to E, the official Scio cure, for a suppressor, do not work, because they do not solve suppressive deadness. The suppressor spent, perhaps a trillion years perfecting some aspects of supressive deadness, which he uses to gain power, and promotion. The beings he has hurt would line up from here to Saturn. Surely, to God, he is not going to cure himself in a few weeks of contemplation.

A suppressor may be Theta Clear. He may be telepathic. I know murderous bank robber drug addicts who are both Theta Clear, and Telepathic. Minor OT abilities like that are rightfully treated with contempt in the Hindu religion.

Suppressive deadness is a serious condition, brothers, and sisters. A suppressor is a messenger from hell, nothing less. Once discovered, a suppressor must never have the opportunity to lord it over others, until he truly revives, and if that takes him a million years, then, too bad. No suppressor would be entirely dead, in all the seven deadnesses. A skilled auditor, with a meter would be able to find some life forces somewhere in his worthless carcasse, and begin him on the road to recovery, starting with those tiny sparks.

13.THE BRILLIANT INSANE ONES

This is an entirely different kind of suppressor. A powerful theety wheety.

Occasionally, you will get a brilliant mad scientist, or some other apparently talented person doing highly suppressive work. The Movie, "Doctor Strangelove", was about such a person, fictional in character, but quite real in his operating style. Suppressors control him like crazy. He, has the characteristic of being totally unable to withold anything. He will candidly confess to all his crimes, if you casually ask him. The scientist who helped to introduce mad cow disease, and helped to develop the AIDS viruses, is said to have happily, and proudly confessed to those acts on a radio talk show. The show was recorded, and the tapes were widely distributed.

One should generally look for a pair of beings here, the brilliant insane one, and his, or her keeper.

14. WHO'S AFRAID OF THE BIG BAD SUPPRESSOR?

It used to be that the suppressor would be caught after commiting some horrible crime, or dozens of crimes. That is far too late.

It used to be that a suppressor might be caught after examining many auditing folders, including those belonging to the suppressor. That is too slow, and too expensive.

It used to be that a suppressor would be identified because there were many cowed, and ill associates around him. Why wait til everybody is sick before getting on the ball?

If a suppressor was a Sea Org officer, it would take terrific effort from the highest echelons, to identify him, and depose him. That would cause a major church crisis.

A lone scio, encountering a suppresor in the church, would need to somehow muster the power of the entire org to solve the suppressor. What validation of evil.

Here we have powerful theta beings, always fearful, and, always, on guard, for weak, sick, aberrated beings, called Suppressors. What crap.

If, you know what you are doing, then, you, the theta being, should happily demonstrate much more power than any suppressor. You should be able to spot any PTS behaviour in a minute. You should know that a suppressor is not a cause point, but an effect point. The suppressor sucks in unearned, goods and slave, and criminal services, like a vacuum cleaner. . You should be able to draw out suppressive attacks, with high theta bait, then, trace the terminal, which they benefit. You should be able to neutralize, and blow the suppressor away, in a few minutes, or a few days, by giving yourself some auditing. If, however, a restimulative being is not a suppressor after all, no harm done.

If you are a Clear, who knows the Seven Graces tech, and have experience, and case gain, you can, indeed, easily identify, and blow Suppressors away from your life, and your third dynamics. Ref: the beginning chapters of Volume II.

16.WE NEED OTS WHO CAN HANDLE AN ORG.

A typical example would be KSW (The Keeping Scientology Working Policy, a truly desperate document.). The OTs so far created,

were simply unable to get an Org to apply policy. This constituted a terrible danger condition for some decades before disaster struck the entire Scio network. Hopeless dreams of correcting an org were the main topic of Scio coffee shop conversation at all times. Scio OTs were simply not up to handling a 3rd Dynamic black panther mechanism either. I don't care how much they praised themselves. The early OTs screwed up.

The famous Captain Bill Robertson appeared to be an exception but he was really no exception at all. He would move into an Org and patch it up in a few weeks, but look at the power that guy needed. He was directly connected to LRH, and he had to be. Org Management got their posts by being professionally too thick to listen to live communication anyway. If you did not outrank them, and come directly from LRH, KSW was a hopeless wish.

There was a very real why for all that 3rd Dynamic bullshit being successfully enforced by suppressive Org management. A THIRD DYNAMIC CONFRONTATION COULD RESTIMULATE THE LIVING HELL OUT OF HALF-BUILT OTS. IT WAS WORSE FOR PRECLEARS. The beginner Scios kept looking to their Grand Pooh Bah OTs for some help and it never came. The early OTs were nice chaps but the proof of their powerlessness is that they were nearly all unjustly declared suppressive, or driven out of the orgs. Captain Bill Roberton could and did handle an Org's mechanical aberrations, momentarily, but he never could resolve the 3D banks, which took over the Orgs. In fact, he openly allowed activities, which suppressives used to strengthen group bank. The suppressive reverse org board was routinely superimposed on the Scio org board, and nothing was done about it.

Okay, now for some good news. We can, and are making OTs who can handle insane orgs, without needing to be connected to power, and without needing to be highly posted staff members. The question is, do they even care for orgs any longer?

17. THE DYING CHURCH DRIVES OUT GOOD MEMBERS.

The bridge has been priced suppressively out of reach, and altered to ineffectiveness and superstition. Self auditing, free of the churchmen is an economic rescue. There was a claim that OTs do not thrive without a group of other OTs. A Clear, Engram Self-auditor operates very well without other OTs, thank you, too bad, for degrado Scio monopolies. Self-auditing will far surpass the gains of formal auditing, eventually producing hundreds of divisions of TA per hour, whereas formal auditing often produces ten divisions per hour. There are no limits to the self-audited gains. There are now many sources of excellent self-auditing tech on the net for no cost.

LRH once said that the Church of Scientology has a monopoly on truth. That was true for the time, but the monopoly was very badly abused. The threat of losing one's bridge was used to make virtual slaves of tens of thousands of highly capable individuals. Now, the shoe is, on the other foot. What, oh what will the church do to keep members, and staff members? Clean up their act is what. Nothing less than high respect

for the individual, and the most honorable treatment, could keep an engram self-auditor on as a staff member, or as a church member, for that matter. It would be damn near impossible to get an engram self-auditor to stay on, taking daily abuse, as has been church custom for so long. Even if forced to stay, the engram self-auditor just might audit the suppressive management out of their power positions. THE ENGRAM SELF-AUDITOR WILL SURVIVE. DAMN THE CRIMINAL CHURCH MANAGEMENT.

CHAPTER 3
WE WORK WITH ETERNITIES

1. SOME CLARIFICATIONS REGARDING THE STATE OF CLEAR

It is not true that one may lose the state of Clear in some disastrous incident. Neither does one need to work to maintain the state of Clear. There is a way to know that one is Clear forever. A 1st Dynamic bank has a specific appearance. It is a bunch of gold comm lines, radiating out from a central viewpoint to all parts of the universe, and beyond. It looks very much like a giant sea urchin. If it is very old, it is probably brown, no longer gold coloured because it is tarnished. Some say the lines are white, or may be some other colour. Everyone's 1st Dynamic bank has the same shape, if not the same colour, per available stories, and experiences.

The Preclear sits almost perpetually in the center of that mass of comm lines. That mass obscures one specific kind of spiritual vision. That is the kind of theta vision, which can see and erase pain and unconsciousness incidents ie. engram incidents, unassisted. In other words, the First Dynamic bank blinds the specific kind of vision, which enables one to self-audit engrams.

When one erases basic basic, the 1st Dynamic bank still hangs around nearby. One may catch glimpses of it flying around, perhaps right into a hillside, and out again. Even if unseen, it may be sensed as a mass. Unfortunately, it is somewhat difficult, even for a Clear, to see that sea urchin, except when in a rather high meditative state, or when well keyed out in session. That is one reason why a meter can be very helpful. The Dianetic Clear Special Intensive blows that golden sea urchin forever. It also acknowledges, and validates the act of having gone Clear. That acknowledgement is vitally important because it stabilizes the state. The First Dynamic bank will never return, and there should be considerable confidence about that fact.

THE ACKNOWLEDGED, AND VALIDATED STATE OF CLEAR IS THE FULL PRODUCT OF FIRST DYNAMIC AUDITING IT ENDS RIGHT THERE
CLEARS NEED NO FIRST DYNAMIC AUDITING, OF ANY KIND, NEITHER DIANETICS, NOR GRADES, NOR RUDIMENTS, ETC, WITH THE NEW PROCESSES.

It is not true that a Clear no longer experiences engram pains. A Clear no longer has a first dynamic bank, but a Clear definitely has his or her own banks for all remaining Dynamics. Higher Dynamic banks consist of very real painful engrams, which hurt the body when the Clear audits them. The State of Clear is very stable. Do not invalidate the state of Clear just because engram pains appear. Eventually all your Dynamics will be Clear.

DMSMH stated that Clears are able to self-audit engrams. It was not known at the time that the statement referred to 3rd Dynamic bank, not 1st Dynamic. A Clear has no First Dynamic bank. The true EP of OT Preps is the certainty of this ability in a Clear. It may take ten hours, or thousands of hours, of self-auditing for a Clear to awaken the engram erasing capability in him self but it is worth every minute. This book outlines the steps to gain that ability.

Later, when you release on any Third Dynamic Grace, you will still be able to encounter engrams for that Grace, but they will be different. Recognize that they will be 4th Dynamic engrams. Later, there will be specific 4th Dynamic processes to handle those engrams in large numbers.

The Dianetic Clear may never need another minute of professional auditing after the Dianetic Clear Special intensive (DCSI). The steps of self-auditing after DCSI are taught in this book. No one can afford all that professional auditing anyway. It would run to many millions of dollars.

The tech has improved so much in the last few years that one may now be able to self-audit all lower grades, and further self-audit through Clear. There are said to be self-taught courses, which rapidly get new public through Clear without an auditor. It is also said that the formerly very tough level of OT3 is now easy, (due to planet wide consciousness changes, brought on by NOTS auditors). If this is true, then the entire Bridge from new public to OT may now be available for the price of a stack of books.

The processes in this book are typically taught in a page or a few. In the early days of struggle, and of formal HGC auditing, many such processes would take months of piloting, months of training, and months of internship, before they could reach the public. The sheer quantity of usable tech in this book is vastly greater than in former Scio books. Our training is now, about one hundred times faster, with more certain results, and it will get faster yet.

2. THE NEAR INFINITE NATURE OF ENGRAM BANKS, AND THE REAL INFINITE NATURE OF THIRD DYNAMIC GRACE RELEASES

One aspect of eternal Grade releases, and eternally Cleared Dynamics is that with each release, you get to audit a higher class of bank. You get to use gradiently more powerful processes, which turn more and more TA per hour.

We were warned that the world would come to more and more evil times. Before that, we were warned that physical universes would come into existence, (universes of such mass that thetans could not pull them apart with a blink of thought). Before that, we were warned that time would come into existence. Along with each warning of bad events came a message of the hope of returning to native state. According to some, now is the time of the beginning of the return to native state.

When a child grows up, toys and dolls are abandoned. When a thetan grows up, the body game will be similarly abandoned. Later on, the physical universe game will be abandoned by even more grown up thetans, and so on, to greater games.

You will be erasing engrams until the end of time, which is only about a trillion years from now. After the end of time, you may take the job of erasing the accumulated theta errors, which led to time coming into existence.

To release enough theta to go OT, one must confront the pain of engrams in great quantities. THERE IS ENOUGH UNCONFRONTED PAIN IN THE THIRD AND FOURTH DYNAMIC BANKS TO KEEP OUR CURRENT OT SEVENS AND OT FOURTEENS LITERALLY SCREAMING FOR YEARS. THIS IS NOT OPINION. IT IS OBSERVED FACT. People vary a great deal, but one should expect to run hundreds of thousands, or perhaps a million engrams in order to clear one's Third Dynamic. The knowledge of the extent of the charge is in the auditing. One good thing is that engrams run much faster, as you get case case gain.

3. THE PORTALS OF HEAVEN ARE THE GATES OF HELL

In the words of a popular song,

"You got to walk that lonesome valley.
You got to walk it by yourself.
Nobody else can walk it for you…."

Upper level engram processes are The Valley of the Shadow of Death. Fear no Evil.

CHAPTER 4

WHAT HIGHER DYNAMIC AUDITING IS ALL ABOUT

1. THERE ARE THREE GRADE CHARTS FOR THE THIRD DYNAMIC

We have three simultaneous alternating, or intertwined grade charts for auditing the Third Dynamic, and after that, another grade chart for the Fourth Dynamic

1. The Fun Triangle (creative processing, randomity processing, the New Havingness processes.) The grade chart for the Fun Triangle processes is the Expanded Tone Scale.

2. The Chakra Processes (corresponding to the Expanded Know to Mystery Scale)

3. The Seven Graces engram processes, which are a deepening of the Seven 1st Dynamic Grades.

2. FOURTH DYNAMIC GRADE CHART COMMENTARY

So far only a few of these 4D processes are available, but since there are, as yet, no 3D Clears, we have time to prepare. There should be seven Fourth Dynamic Grades. Fourth Dynamic Auditing seems mainly concerned with flows, and it restimulates many more engrams, at a faster rate than does Third Dynamic auditing. There would be Seven Grades for the Fourth Dynamic. Fourth Dynamic Grades would be a harmonic of both First Dynamic Grades,and Third Dynamic Graces. A few of these fourth dynamic grades are known.

3. NOTES ON AUDITING THE GRACES

3D Graces use some of the same technology as 1D Grades except every process is deepened to self audit engrams. Every read you get during a key out process indicates a light contact with an engram facsimile. Instead of letting that facsimile go, you now pull it in and run the engram.

By applying a 3D engram process over and over again to a flat point, you get an engram grade with the following characteristics. Graces are the permanent version of 1st Dynamic grades. Graces are stable. Graces last forever. No impact or injury can ever undo any part of a Grace. No event in the physical universe can ever undo any 3D engram grade.

A Grace is also a pre-session rudiment which is in forever. Example: A Pre-OT with Graces I, II, and III, need not run triple ruds before session ever again. He cannot be sec checked. He cannot be run on OWs. He never needs a review at an advanced org. He cannot run False Purpose Rundown.

The Expanded Know to Mystery Scale is actually another grade chart, of engram Levels, which are needed in support of the original grade chart.

Neither the Wall of Fire, nor NOTS, it turns out, are OT levels as previously thought. They are incidental charge, which runs out during 3rd and 4th Dynamic engram sessions. There may be further Wall of Fire charge on the 5th, and 6th Dynamics.

4. WHY WE CALL IT SELF-AUDITING, INSTEAD OF SOLO AUDITING

When you solo audit you have a case supervisor examining your every session, and you pay the COS for technical support. The church has

been so evil and oppressive these last decades that we no longer dare look to them for technical support, nor can we count on them for any honourable help, nor interchange. It has been necessary to divorce ourselves from the treacheries of church guidance. Thus we fall back on self, for all our gains. What a pleasant surprise it is, to discover that self-audited gains are many times faster, and many times greater than what the Cos was delivering.

5. KEY OUT PROCESSES ARE LIMITED GAIN PROCESSES WITH A DEFINITE GOA.L

After Clear, the target of key out processes is to rapidly as possible, gain the ability to self-audit engrams. That is the great turning point. After the engram running ability turns on, a key out is nothing but a missed chance to audit an engram.

Due to lack of technology, our baby OTs developed the attitude, "I never let any of that stuff (engram restim) into my space." usually making that statement with some grand, aloof gesture. That is ostrich technology. It is also a slave philosophy. Any skilled gloating suppressor, backed by a little Third Dynamic authority will herd these OT ostriches into a corral at some meat packing plant. The ability of Suppressors, and degrados to control First Dynamic Clears and OTs has been demonstrated so often that it is a little sickening to hear OT claims to power.

Many beings audit to intentionally put themselves into a state where they cannot be restimulated. They want to accumulate more, and more key-outs, in order to protect some other important key-outs. They think that enough Key-outs, plus a very careful lifestyle will produce a defence perimeter, within which they can remain free of pain, powerful, and aware.

Yoga, and many new age religions have similar goals, and a similar liability of having to live their lives very carefully, so as not to lose some exalted spiritual state. That actually makes them very vulnerable. What kind of freedom is that? A Scio knows, or should know that one who cannot be restimulated is one who cannot be audited. To hell, with all that self-protection, now, that you are Clear. Go out and get restimulated on a sensible gradient, so that you get material to audit.

A self-auditor who can audit engrams never keys anything out. He always keys in and erases. The 3D self-auditor is an unstoppable engram-eating juggernaut. He fears no engram. He has the capability to conquer any engram. The only way out is the way through. Sorry about that.

6. FREEDOM OF A RELEASE

LRH was right, when he said that a free being can be trusted to do the right thing; but that does not mean that an individual who is Grace 2 engram release is compulsively honest. If you get abusive enough you can certainly earn dishonest treatment even from a being, who is a Grace 2 engram release. That is a sign of suppression, by the way. When a release does not act like a release, he is, influenced, by a suppressor. Such suppressive influences will be temporary, because your ability to handle

suppressives will increase at a wonderful rate. Before you are half way through the auditing, you will feel capable of handling pretty well any suppression, which stands in your way.

7. FORCE VERSUS SIGNIFICANCE

LRH indicated more or less that the auditor is interested in force, while the preclear is interested in significance. That is the difference between an erasure and a key out. LRH wrote somewhere that the power of the thetan is measured in kiloton light years per microsecond. That is the kind of force, which kicks planets around like soccer balls. In other words, you must become one hell of a force to be free. Auditing is not sweet attitudes. It is a steep gradient of terrific force. The self-auditor must remain intentionally interested in force above all else, or he is not much of an auditor. MAY THE FORCE ALWAYS BE WITH YOU, in session, that is.

8. WHEN TO SELF-AUDIT OTHER PEOPLES' BANKS

The self-auditor should be careful to audit mainly the force in his own bank. Now and then the self-auditor will encounter force, which is not from his own bank. Compassionate auditing, of other beings, is a very good thing, so long as it is not extended too long. The auditor might occasionally shun auditing other bank than his own, because there is no exchange, and it does not build the other person's self determinism. The best way to help other beings is to help them to help themselves. Some beings (entities) are trapped in your space by your bank. You might audit your personal engram, which trapped them, then audit the other beings' engrams briefly so that they can be on their way. There are occasional emergencies where you need to fix some person up fast. Then, by all means, bypass the individual and erase his engrams, but let him know he owes you a favour. Individuals who are very closely involved with you might often merit a tad of free telepathic auditing.

You need every available session hour to get your own case in shape. Your compassion will gradually expand to include all other beings anyway, and one day, you will be able to audit thousands, even millions of dead beings en masse.

9. THE OLD FLOW CHARTS ARE NOT USEFUL FOR 3D AUDITING

It took a long while to realize that old four flows of Dianetic auditing, and other First Dynamic auditing have no place in auditing the Third Dynamic. At this level, we do not audit various flows. We now audit different viewpoints and different relationships in your group minds. The most important viewpoint to audit is your own viewpoint. That is when some engram was done to you by one of your third Dynamics. Auditing your own viewpoint may not be sufficient, especially, when you are PTS. You will intuitively be aware of those times, when you should audit someone else's bank.

10. A LIST OF THIRD DYNAMIC VIEWPOINTS, FROM WHICH TO AUDIT.

Your own thoughts restimulate engrams which were experienced when your third Dynamic did something to you. – Self-audit the appropriate Grace Process. Since your Third Dynamic is really part of you. Much later on, in auditing, it seems a little as if a part of you reached out, and hit you. Thus you partially gave yourself those 3D engrams.

If your third Dynamic is restimulating you right now. – audit your grace engram.

If a close friend is restimulated, and in pain – You may touch your friend lightly, where it hurts, and erase his engram incident from his viewpoint. At any time you get into sympathy for a victim of a Third Dynamic, you can take that person's viewpoint, and audit their engrams telepathically. Sympathy is not recommended, though.

If suppressive is demonstrating a suppressive deadness toward your theta reach – take the viewpoint of repeatedly trying to stimulate the specific compassion in the suppressor, and run the personal engrams, which are restimulated by the deadness responses.

A senior group member applies degrading Third Dynamic control intentions toward you. – Self audit your restimulated engrams.

A junior group member enforces your participation in some group bank action. – Take the restimulated viewpoint of the junior, who is part of this group mind.victim. Audit your engrams which would be restimulate when in that group mind viewpoint. After a time, you will recognize the suppressive inflow point of that particular group. Later, conceive yourself to be confronting the suppressive inflow point, about the evils of the group think suppression, then run the personal engrams, which will go into restimulation.

A suppressor has inflicted an engram on you – Repeatedly move into the dark point, which is the SP's beingness, and the inflicted engram will run out. When your incident is erased, you will be able to occupy the actual viewpoint of that suppressor, you can see, and erase the actual basic incident, which the suppressor is stuck in. The suppressor is unable to as-is anything, so he cannot help himself. You have partially saved him, by auditing his incident. The suppresor has a long road to recovery. He may cause himself another incident to get stuck in, if he really wants one.

Entities are usually good beings who are too badly injured to help themselves. It is not evaluative at all to run OT 3 on an entity, in a questioning manner. I personally ask the wordless question, "Do you have this engram on your track?", then run the engram simultaneously as the

entity runs it. All telepathic auditing you do for another should be in the form of wordless questionings, and does not break the Auditor's Code.

11. STABILITY OF A THIRD DYNAMIC SELF-AUDITOR

A 3D self-auditor will never bog, nor need session repairs of any kind so long as he has basic skills and applies the auditor's code to himself. Upper Dynamic auditing is very simple compared to Pre Clear Scio grades or Class VIII auditing. An engram self-auditor needs no professional auditor, no C/S, no presession rudiments, no meter, little training, no money, and no church. Self-auditors who have logged thousands of hours confirm the principle of the mind's protection Ref. DMSMH. A self-auditor is automatically protected in session because the mind will shut down the session, and will not permit itself to be harmed.

12. THIRD DYNAMIC SESSION END PHENOMENA (EP)

Postulate off is not a valid sign of erasure at these levels. One can key out an engram by blowing the postulate about an engram, but the engram still remains. It seems that a thetan places a postulate on an engram, to help control it. NLP, and TROM operates by adding postulates to engrams, so as to key out those engrams, but engram banks shift around eventually, and reappear.

The EP of a 3D Engram session is erasure, and no charge when rereading all the notes of the entire incident. The auditor must of course, note down a brief description of every piece of charge of that particular incident for the final rereading to be valid. (This is easier than it sounds.) Just describe the location and nature of each AESP, pain and engram impact in the incidents.

A meter, of course, will be unnecessary. The self-Auditor senses blow downs (be sure to pause during a blow down and let the charge dissipate). The self auditor also senses floating needles, in fact, senses all reads he needs at his level.

A 3rd Dynamic Auditor never keys out anything. His only product is erasure of engrams. By erasing enough engrams at a given level, a release is achieved, and the auditor is no longer able to audit that 3rd Dynamic process. Most 3D Grace Releases produce greater case gain than the act of going Clear.

13. WHAT ABOUT THE SECOND DYNAMIC?

The 2nd Dynamic per LRH is a part of the 3rd Dynamic. The 2nd Dynamic is cleared with a few specific 3D processes for Sexingness Engrams. Sexingness is found on the Expanded Know to Mystery Scale Levels. Some 4D bank will also impinge on the 2nd Dynamic.

14. SKIPPING, AND OVERRUNNING PROCESSES

When 3D Graces or Chakra levels are overrun, those processes begin to run at a higher dynamic, or, automatically at the next higher point on the grade chart. When a 3D Grace or Chakra Level is skipped over,

then that Grace, or Chakra will key in, to interfere with the higher-level sessions. The old NOTS auditors were constantly running rudiments. NOTS rudiments were nothing but skipped engram Graces, and Chakras. You do not need to run rudiments above Clear, if you maintain the sequences of the grade charts.

Above Clear, presession rudiments were the act of temporarily clearing bypassed charge so that auditing could occur. Every skipped 3rd Dynamic engram Grace, or Level equals another pre-session rudiment to clear, or another session button on NOTS. It is Q and A with the bank to not flatten every 3D Engram Grace and every 3D Engram Level as one rises above Clear. When you have done your 3D Engram Graces and Levels, you have no NOTS buttons, (NOTS buttons are not NOTS case. They are bypassed charge which restimulates when you try to run NOTS), not that you would want to audit NOTS as it is taught in the Cos.

If you skip several lower Levels of the processes on the Know to Mystery scale, and actually release at a higher Level, you will have a lot of distraction when catching up the missing lower Levels. You will get a life few reads at one level, then a few at another Level and the reads will bounce around from unflat lower level to unflat lower level. Best to start from the bottom, and not skip levels on your way up, if only for the sake of orderliness.

Always run the lowest level process, which you can find, which runs engrams, and turns TA.

Any auditing is better than no auditing. Any engram erasure is a good engram erasure. When you are chasing down some brutal suppressor, in your session, you must be willing to go anywhere, and audit anything, to take him out of restimulation, but, once again, most auditing is best done in proper grade chart sequence.

Those hot little life read items on that napkin in your pocket must be handled first, because they are immediately impinging on your life, and they can hurt you. Don't forget that most of those immediately impinging reads will be at your current level. Some life reads have little, or no interest, and can be laid aside for a convenient and quiet period.

CHAPTER 5

SPECIAL TRAINING FOR THE CLEAR, ENGRAM STYLE, SELF-AUDITOR

1. THE LENGTH OF THIRD DYNAMIC SESSIONS

Most 3D sessions are only a few hours in length. If, you can flatten your item, before the end of the auditing day, that is a bonus. Some 3D incidents are so heavy that they take several weeks or several months of daily auditing to flatten. You may have several hundred of pages of notes just on one item. You would not trade the results for the world.

2. SELF – AUDITING LIFESTYLE

Self-auditing is different from formal auditing. One may, and one should allow oneself to eat in session to keep energy up. It is recommended to keep a few bowls of healthy snacks on the auditing table. Some suggestions are veggie dip, with your own organic dip sauce, made with cold pressed oil, apple cider vinegar, herbs, etc. Fruit snacks should preferably be non-sweet kinds of fruit to keep sugar content down. A lasagna casserole might sometimes work for you. The desired snacks will change a lot from day to day.

Medicinal herb teas, cal mag, purified water, a little milk are good for session drinks. Keep your cup comfortably filled. Keep containers of a variety of non-sweetened drinks in session.

A comfortable chair, and a little wordless background music, might also improve your auditing stat. (You probably do not want song lyrics to interfere with session commands.).

You will be doing the Body Help and Hav in nearly every session. Since you will be lightly rubbing the engram afflicted areas so much of the time, you might keep the temperature of the auditing room a few degrees above normal, and wear, only shorts, and a t-shirt, for a lot of the sessions.

The engram self-auditor is much freer than the formal auditor. There is no meter, for one thing. The self-auditor may do a session during any free half hour or more, at any hour of the day or night. Ten hours of auditing per day is a good stat with some processes. Some heavily charged items can only be audited one or two hours per day. I find it very workable to wake up in the middle of the night for a nice session, then, return to bed. One's body metabolism will vary a lot over the years. Whenever the body feels sessionable is an okay time to audit.

One craves scenery and a view over some distance during blowdowns. It helps a lot to have a window to look out of, from time to time. One does not look at the view most of the time during session, but now and then, you look up. Several times per day, a brief walk is needed, even in mid session, or after flattening an item. Just throw on a coat, and walk for a few minutes. LRH liked to take a spin in the desert, at any time, day or night, on his motorcycle. A brief trip from one all-night coffee shop, to another, recharges the batteries. Best to stay away from coffee and doughnuts if you can.

It is tough times, when one must work twelve hours per day, just to provide the body's needs, food shelter, family obligations, and so on. In a real civilization, an individual should be able to get his all his work done by about noon, then spend all the rest of the day, doing personal enhancement. Such civilizations did exist for brief periods, even here on Earth, but the personal enhancement technology was inadequate. Those people got into dramatizing a lot of bank in their spare time, and things fell apart rather quickly. Higher dynamic auditors would be worthy of such a civilization, and are actually in need of it, for optimum case gain. Let us hope that we win so much free time in our lives again.

3. KEEPING THE SABBATH RAISES STATS

Work like hell six days a week, then never do any work on your sabbath. Taking your sabbath as a break from work, will raise your stats by about twenty five percent. I don't care if its the Friday, sabbath, the Saturday sabbath, the Sunday sabbath;or the witches' sabbat. Take that time off from work.

4. RESTLESSNESS AND EXERCISE

When you keep needing, to take session breaks, and needing to get up and stroll around a lot in session, you are really slowing down in both overall auditing productivity, and hourly TA motion. It shows a lack of exercise. You can get rid of most of those interruptions by running several miles each morning before breakfast, and doing some heavy weight training, for an hour or so. You will recover your exercise time, several times over, because of more productive session hours, in fact your whole day will be more productive. You would think that getting rid of your automobile would cut your productivity, but the increase in body vigour, from the walking, raises nearly all your stats.

Note: the body is controlled more by considerations than by postulates, so keep dramatically changing your exercise routine. If the changes are not creatively dramatic, then they are inadequate.

Creative change gets fifty percent of the gains of the workout. Go 50% old, and 50% new. If you feel stale, instead of a little shocked, you are doing the wrong workout. Auditing the Fun Triangle helps a lot because it gets your mind out of the rut, so that you can do these things.

The spirit of play works very well on bodies. You let some kids out of the car, and they go rushing off toward some bushes, or a lake. It is intellectually discomforting because you do not know what they are going to do. I will tell you a secret. They do not know what they are going to do either. They will make instant, new postulates, and considerations on the spot. The body just loves that, because instant new considerations are food for the GE. You need to be up on your creative processing to do this. Just forget about looking sane, and making sense for a while. Get into brand new situations, and generate some new impulses. Ahhh.

5. SUGGESTED ADMIN STYLES FOR SELF-AUDITING

The author adopted these admin styles after considerable experience showed it was a convenient way. The suggested stationery is 200 or 300 page coil note pads, which are about 81/2 x 11. Buy a dozen or more coil pads with cardboard dividers, which can be ripped out, or a cardboard pocket sheet, which can be ripped out. The wire coils are usually a little small, and page edges will curl up, jamming the pages from turning. If you rip out cardboard dividers, it gives the pages just that little bit more turning room, which they need. Do not use steno pads. They are far too small. Since you will be doing most of your auditing without a meter, you won't be jotting down time, and TA position all the time, therefore, you need not divide each page in half, with a line down the centre, as is customarily done with work sheets for metered sessions. For our purposes, the ruled lines provided, on the stationery work just fine, and you save a lot of paper.

Use pencils or ordinary ballpoint pens. Do not use roller pens nor gel pens. Suppressive manufacturers have loaded them with disappearing ink, which will actually vanish after long exposure to light or air. You want your records to last.

Self-Auditing is such a straight on writing task that you do not need loose pages, except for lists. You never need to change the order of the notes (Occasonally, you may note that an unflat item is to be continued at a given page.). Additions, and alterations typically fit in margins, and between the lines. Rarely, you might need to staple an extra sheet in the book, for special additions. At the beginning, or end of every volume, put in a volume summary of all processes run in that volume as a small pack of loose sheets. After you have a few volumes, photocopy all the volume summaries, and start a special folder which is a master list of all that was run and what process was applied, date, volume number, page number, release points, and any other brief pertinent notes.

Protect the current coil pad and loose notes with a zippered binder cover. The coil pad covers will wear out from handling if you do not have a carrying case for them. The coil pad, and cover makes it convenient to audit in many places, like libraries, parks, and coffee shops. You will be auditing everywhere you can to get those hours up.

Keep your stacks of note pads in a large locked storage space. You will have a lot of them, a closet full, in fact. Mark each volume with felt marker pen on both front and back cover: Label the volume, SA (self auditing) Mark your name, Volume number. Start (Date) End (Date) Cumulative Page count (Each Volume would be paginated from page1 to 200 or so. Number every second page in the lower right hand corner. Pagination helps when back referencing session notes, (Like, a note saying- Continuing unflat item from page 82).

At the upper left corner of each page, write the process being audited. At the upper right hand corner, write the date. In the top margin, write a word or a few words labeling the whole track content of the session, (Like Battle of Trafalgar, or lion attack). A good name for this label is "slug". The slug on a newspaper story was a brief phrase to tell what was in the story, and to help classify it for location in a newspaper.

So, you slug each incident for easy future reference. You will probably have the item half run before you know enough about the incident to slug the content

Underline the item to be run. Underline each process question. Use a capital R with a circle around it to indicate that you are repeating the process command or procedure. I use square brackets to mark anything another person says in an incident, and curved brackets to mark what I say during an incident. Draw a line across the page marking the beginning of each item. When the item is flat, write "Flat. End of Item." Then draw a line across the page.

Since you will not be marking time and TA, and will not need C/Ses, nor auditing report forms, etc, you will use less than a quarter as much paper as an HGC auditor, but even at that, you will have more paper than you can lift.

At the start of every volume, devote the first page to important survival discoveries, like: Discovered that Ketchup is saturated with both sugar and red dye. Resolved not to use Ketchup, or, discovered that sleeping above a refrigerator keeps me waking up at night. Moved bed. Devote the next couple of pages, to a review of goals. It is a very effective energizing and motivating act to note down the goals you hope to achieve while auditing with this volume. Every now, and then, I stop, even in mid session, to reaffirm my current life goals in a short written note just because it feels so good. Draw a box of wavy lines around any non-session material inserted into the middle of session notes.

It was discovered that the great majority of highly successful people wrote down their goals daily. (Don't know why it feels so good.) On the main Goals page at the beginning of the volume, circle goals successfully achieved, and date the achievement. Mark grade releases and their dates on the first page of the book. Note down every past life identity you encounter. Keep your past lives list, as the last list inside every back cover of your coil pads. You will probably want to gather a list of all your past lives some day, in fact, there seem to be processes which need to use lists of past lives. Write technical cognitions in the back pages of each volume. You may need to refer back to these cognitions to build the invention you thought of in session, or whatever.

6. YOUR PERSONAL CHARGE LIST (LIFE READS)

The modern name for personal charge is Stress. LRH indicated that stress indicates a PTS condition. That is not always the case. STRESS – DEFINITION - Stress is any read, which you detect without a meter. Stress is always, always engrams in restimulation, and is often keyed in by suppression.

Temporary stress solutions are done by key outs, or by changing one's considerations. Stress is permanently cured, by erasing the restimulated engrams.

List any charge that is felt or spotted in or out of session. All life reads should be noted. Many times you may think you just spotted a life

read in the middle of a session, and it turns out to be an earlier similar incident, which you should be running right now. If you get a strong urge to digress to run that mid session read, draw a line across the page. Write the word “Digression”. Write the new item, and audit it. Just make sure you take up the interrupted item later, and flatten it. Sometimes there will be two or even three digressions during an item.

Keep paper and pen with you twenty four hours per day, year after year to note everything which restimulates you, otherwise, you will forget most of these vital reads before you get into session. Your personal charge list is the most important Scio list there is. The heart of self-auditing is the personal charge list. It should be kept in manila folders, and will run to hundreds of pages. You will soon be aware that 2D, 3D, and 4D engrams underlie every single thing that bothers you, or lessens your joy.

You should always do your personal charge lists on only one side of a sheet of paper. That is so that you can leaf through the list without taking up your whole auditing desk, which is often quite small. Small auditing desks occur, because most self-auditors will be auditing at every opportunity, wherever it may be, like in a car, or on a bus, or in a forest, and so on.

Just list anything, which feels bad. List any dramatizations, or automatic, or unintended action. List any words you find yourself muttering, or any words you cuss with. Any slight or large dramatization, or inaction equals a real engram in restimulation. All reads feel discreditable. Get the reads handled in session as soon as possible. On some days, you will run one item and list a dozen more. Eventually, after thousands of sessions, you will erase as many reads as you list. Later on, you will erase reads faster than you encounter them in life. It may be true that a 3D Clear has no AESPs, in life, and never will have, them, ever again, so long as he does not begin operating on the 4th Dynamic. A 3D Clear will, of course, discover lots of 4th Dynamic somatics.

To be free, it will be necessary to erase every single one of those personal life reads plus the thousands of reads from prepared lists by LRH. That’s the way it is. The Bridge to Total Freedom is the biggest undertaking you will ever do.

To choose which items to run first, always choose the item, which is most interesting at session time. Less interesting items will pile up, but eventually you will handle them all.

Druggies, would have many reads blocked, which is, of course the purpose for taking drugs. The self auditor recognizes an AESP , (Charged Attitude, Emotion, Sensation, and Pain) as desirable knowledge; something to be audited. At first a druggie can get pleasurable sensation, as well as blocked reads from a drug. He gets pleasurable sensation while his glandular system is being destroyed, that is. After the drug party, body deterioration brings on a lot more reads than previously, but they are all lumped together into a drug mass. Low TA from drugs is a condition of overwhelm from too many unhandled reads. High TA from drugs is a packed in condition from mentally blocking too many unhandled reads. A

druggie thinks any read is something to blot out of consciousness, thereby blocking his road to freedom. Reads hurt. Reads are valuable, but you must not audit too many of them at once. It is that stupid simple.

Diaries are typically loaded with personal charge items. Every impassioned passage has charge. Probably every joke you make up has charge. Every note that you may have hurt someone's feelings, every concern that you were rude has charge. That is why Diaries are usually hidden, or locked away somewhere. If you are one of those fortunate beings who keeps a diary through the years, you may go over those volumes, and circle each charged item with a red pen. Add all those circled items to your personal charge list. Love letters, and for that matter, all friendly letters, and email, also list many personally charged items. It is good to photocopy them, for future charge assessments. A year, or many years, after the letters were written, you can spot the charge very easily. Those who write songs, or paint pictures often include their reading engram items in their work. That goes for any creative work, or play. Photographers should expect to have engram charge on some photographs they take.

Very often, you are in charged conversation, regarding some charged area of life, such as love, work, family arguments, or even sports. Due to mutual restimulations, such verbal exchanges tend to get quite repetitive. A self-auditor would love to secretly tape all his charged verbal exchanges, and replay them, assessing for reads. He would take all reads into session, of course. Soon he would have no blowups at all, during communication in his social circles. His associates would no longer be restimulated either.

7. AUDIT YOUR PERSONAL CHARGE ITEMS AT YOUR PRESENT LEVEL, WHATEVER THAT MIGHT BE.

If you are doing FPRD, most items on the Personal Charge List will run as FPRD. Items, which do not have much interest, are probably better run by some higher grade. You know you had a read there, but save it for later. If your present process is Effort, then most of the Personal Charge List will run with Effort Processing. When you release on any grade or level, the unhandled items on the Personal Charge List should merely be carried over to the next level, and the auditing continued. Most items magically transform themselves to run as whatever grade you are on. Save the rest for later. Eventually, when the 3rd or 4th Dynamic is just about Clear, the Personal charge list may be completely caught up.

8. ETERNAL VICTORY OVER PAIN

Big beings can happily carry tons of suppressed pain, thinking everyone hurts like they do. It is a terrific relief for them, or anyone, to be free of all that pain. If you audit long enough, you will, at some level, or other, become able to erase pain faster than it can possibly be inflicted. You will also develop a degree of pain immunity with every engram you erase. It was said, that OTs need more pain killers than PreOTs. That may

be true if one is a keyed out OT, but certainly not true if one is OT by engram release. You will more and more be able to laugh when you should be hurting. You will happily refuse anaesthetic, or pain killers. Why dull the pain when you are a pain hunter?

9. TARGET AUDITING EVERY KNOWN SCIO PROCESS

You will want to flatten nearly every single process designed by LRH and many by Freezoners. If you work diligently enough in this life, you will not lose your place, and will be able to continue in the next life with only brief interruption while growing your next body. That is why there should be secure archives for session notes, and reliable custodians. Next lifetime identification procedures, the legal issues and minor financial considerations for storage costs need to be worked out to a level of great certainty. Some may prefer to build a very dry, secret underground vault for session notes. Two lifetimes should take most Scios through it. Whether you will need session notes after two lifetimes of auditing is hard to say.

10. THE LISTING QUESTION PROCESS (NOTES)

Since you will be extensively listing charge throughout your entire life, it is recommended that you clear charge on the entire subject of listing. Self-listing can be a compulsive activity, which may have been overrun regarding various questions. The correct answer may have been bypassed centuries ago. It is helpful to quit all compulsive listing so that the very valuable Personal Charge List can be compiled without distracting factors. (Here is a self-audited process, which is very rare because it does not erase engrams.)

11. THE LISTING QUESTION PROCESS – COMMANDS

1. Have I been self-listing? (Making lists, looking for an answer.)
2. What was the listing question?
3. What is the correct answer?

You may ask yourself this cycle of questions about any of your dynamics, or about any subject, or anything listed at all. Repeat this cycle of questions over and over. The process will abruptly go flat at some point.

12.THE BODY LOOK BACK PROCESS, NOTES, AND COMMANDS

The COHA process, “Be Three Feet back of your head” is too limiting for a 3D auditor. Be a small distance away from your body, look at the body, and run the engram which appears. Be other distances and other directions from your body. Keep looking back and running the engrams, which appear when you look at your body. LRH said not to look at your body when exterior like that. When you flatten this process, you may look at your body any time you please.

13.THE ANCHOR POINTS PROCESS, NOTES, AND COMMANDS

The space of one room for "Holding Anchor Points Process" (R1-6) is too small for a 3D engram auditor. Start out holding a comfortable size space, perhaps half a block, or whatever, then, gradually expand beyond the planet. Do not forget to put some anchor points inside the planet core. You can, if you want, expand until something starts to run out. Flatten the engram, then contract, until something starts to run out. Alternate.

Know that you need to do very good havingness when erasing thetan
machinery (R1-14), or you will get intense blues for a day or more after erasing each machine.

Run all Processes from Pabs, except Creative Processing.

Run Games Processing from Fundamentals of thought, as an engram process.

HISTORY OF MAN ITEMS. – Read History of Man, and run as many of these as you can with Repetitive Recycling Description Process. Other processes will eventually flatten all the HOM incidents for you. The Clam can be run, for example by pressing painful gums or teeth with a finger.

L'ENVOI – PP 166-173 of Creation of Human Ability – I found it impossible to run all these items with Change of Space process as suggested. Change of Space went flat, as a process and L'envoi still had charged items. I also found it impossible to just audit directly off the L'envoi list. The L'envoi items could be identified during sessions, when auditing the personal charge list, and other lists. If this happens for you, just make a photocopy of the list of items to run from L'envoi. Keep it in your PT auditing binder, and check it off, as it gets done. It seems that a meter is of value for dating, and locating L'envoi engram incidents, so that they can be run. This is the first and only time that I ever wanted to use a meter. My meters are now, so long out of service, that they are not trustworthy.

These L'envoi items, if not chased down with a meter, will keep popping up in session one by one for year after year. Check off each item as it erases. You may run dozens of Fac Ones over several years. There always seems to be another Fac One hidden somewhere. Expect the entire L'envoi list to be completed before going 3D Clear.

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14. REPEATER TECHNIQUE - DEFINITION

Repeat the word, action, or concept, which hurts until that engram is flat.

You should use repeater technique liberally all through the processes of this book, anytime it seems to suit.

15, REPETITIVE RECYCLING DESCRIPTION PROCESS – COMMANDS

1. Run the engram incident as much a possible with description processing, briefly describing every engram in session notes

2. Write an underlined R+R, (Reread, and Rescan), then reread and rescan the session notes, while writing more notes on further perceptions, and engrams which turn up.

3. Continue doing more R+Rs, spotting more charge, and adding more notes until the incident erases.

It is recommended that early in auditing an incident, the notes be written on every second line because clarifying comments often need to be inserted. After the incident has gotten some order to it, and discharged a bit, you might switch to writing on every line. Each R+R, adds more notes, as well as occasional clarifying comments between the lines of earliest notes. The self-auditor keeps recycling through the lengthening series of session notes until all the engrams of the item go flat. On heavily charged incidents one may do fifteen R+Rs. The incidents usually start out in scrambled form, but the sequence becomes clear before final erasure occurs. When the incident occurred, and its duration, are important, but that information may not be available until a few R+Rs are done.

16. UNBURDENING – DEFINITION – the act of erasing considerations, which bar one from confronting and erasing some engram incident. Considerations, which bar a self-auditor from running any given engram, are always limited in number. When all the considerations, which burden a particular engram incident are gone, then that engram incident will erase, with ease, and speed.

Some examples: You unburden the intuition chakra by lock scanning. You unburden the effort chakra by experiencing waves of muscle tension. You unburden the negative emotion chakra by eperiencing compulsive emotion thrown at the cause of an engram. You unburden Grace 2 by running out justifiers. You unburden Grace 3 by considering a list of hinting questions about the situation. You unburden Grace 4, by listing reasons why some action was right.

17. BODY HELP

DEFINITION - a mid-session assist done with the touch of one's own hand on the impacted body area. It is done after nearly every impact, to erase session injury to the body, and to keep the body functioning during sessions.

BODY HELP – NOTES

LRH made a mistake when he said the body can withstand auditing, and not to concern yourself with the body in session. A body can be knocked into sub apathy in the first two seconds of a 3rd Dynamic session, and often is. It becomes impossible to stay awake. The self-auditor's first impulse is to run havingness, then take a session break, for a nap. Wrong. Wrong. Wrong. You have just injured a living thing. Your poor little body has just taken a severe beating. It needs your help right after encountering every single significant impact, in session. You, the

auditor must erase the GE's facsimiles of the impacts, so that the body can continue to function at an optimum level.

The self-auditor's body will probably be knocked into semi-consciousness more than ten thousand times before clearing the 3rd Dynamic. No boxer goes through that much body pain. Since the genetic entity is alive, it makes facsimiles, of every painful session. Do not ignore your little helper's needs. All those facsimiles eventually accumulate into a terrible mass of engrams, which will gradually decrease TA motion to a small fraction of the thetan's potential. The GE's facsimiles of auditing sessions can act like drug mass, and cause incomplete erasure of engrams. Body facsimiles can prevent one from going Theta Clear, and will produce a sluggish, stupefied body, with eventual declining health. A thetan can withstand the forces of auditing, but the body cannot survive that many blows without constant auditor help.

18. BODY HELP COMMANDS (BH)

1. Immediately after every engram impact in session, lightly place a hand on the impacted body area.

2. Lightly, slowly, rub the injured area(s).

3. Scan out the session's effects on the body.

4. Be sure to place a hand over body joints, and over finger tips and ends of the toes. (You will be amazed at how much pain these areas hold.)

5. Optionally, run Havingness by mocking up terminals and masses in the incident, and shoving a lot of copies of them into the body from different directions.

If you have audited thousands of hours, or even hundreds of hours of engrams, you should reread all old session notes, and run BH on all the engrams of those old sessions.

You will need three hands for this process if you do it on the meter. Four hands are even better.

This Body Help Process will, in the long run, double your auditing statistic, and lengthen your life. Now, you can stay conscious through a lot more engrams than before

LFRs, and Press Zonals – and change pattern and pattern reversals

19. FIRST DYNAMIC AUDITING – A WASTE OF TIME, FOR CLEARS

Repetitive Recycling Description Process plus Body Help, and Going Deeper are the new general engram processes for Clears.

Dianetics does not work well on a Clear if at all. A Clear runs higher Dynamic engram grades better with no auditor. The Clear runs engrams well with this variation of Description Processing Ref.Creation of Human Ability. This will be the most valuaable, and most often used process of your auditing career, at least until 3D Clear.

20. THE GO DEEPER COMMAND (GD)

This should generally be run in conjunction with the Body Help commands.

When one encounters a lock on an engram facsimile, during scanning, that facsimile may blow away, in an instant, with no permanent benefits. You might see some terrific impact, but it seems to be gone with only minor discomfort. If that happens, it means you have blown away an unflat incident, and the main body of charge still exists.

There is a missing command for lock scanning. When you scan a facsimile at this level, or at any level from here on up, for that matter. The command, is "Go Deeper", which means, "Hold onto that engram facsimile, and look deeper into it. Feel deeper, to experience, and erase the real impact pain, sick feeling, and general body shock, in the incident."

Another place for the "Go Deeper." command is when any episode in an incident seems to be at or near erasure. That is to make sure that you have caught all available charge. Some times, going deeper will get you a read on another chain, which was also in restimulation at the time. Make a note of the read, and run that chain next.

If the "Go Deeper" command does not work for you, and the facsimiles fly away painlessly, continue auditing the Self Analysis book, and the lock scanning, until it does work.

21.THE GENERAL CYCLE OF AUDITING PROBABLY FOR ALL MAJOR THIRD DYNAMIC PROCESSES

1. Choose your process according to the grade charts.
1. Assessment – locate a charged item to audit.
2. Demarcation – determine the location and the parameters of the engram to be run.
3. Unburdening – run out the mind considerations, and postulates, which keep one from fully restimulating the engram incident. You can pick out the unburdening section from any 3D engram process if it is not there, it probably should be.
4. Run the engram - probably with Repetitive Recycling Description process.
5. Body Help process – to assist the body in recovering from the biological shock of running the engram. incident.
6. Havingness – by reading unrun items from your personal charge list.

22. CELLULAR PHOSPHORESCENCE

When tropical ocean waters are disturbed, they show light. Body cells generate phosphorescent internal light very much as do the Algae in tropical waters. When the body takes an engram, either in regular life, or in session, phosphors in the cells mark the spreading shock wave, by a production of flourescent light. That seems to be why you see stars after taking a hard punch. When you look inward, through your body's protoplasm, especially during the Body Help, and GO Deeper, you can run the engram faster, by seeing, as well as feeling that phosphorescent shock wave. This appears to speed pain erasure, because it employs inner

vision perception, in addition to the usual visuals, and pains of engram incidents.

23. TECHNOLOGY ON BODY THETANS, AND CLUSTERS (OT 3, and NOTS)

This is a more or less perfected technology. The commands are simple, they can be run without a meter. The technology is easily available on the internet on Operation Clambake, Free Zone, and other sites. You need to be prepared with this knowledge, because you will encounter many body thetans along the way. I do not advise searching for them. I suggest briefly handling them whenever they pop up.

24. AN EASY WAY TO RUN CLUSTERS – THE PROCESS

The way I like to run clusters is to just run engrams normally, and the clusters will usually blow away, without any attention from you. Every few weeks, or months, a cluster will be found clinging, even after the engram has been run. The cluster, at that time, will have only a weak grip on the body part. Run incident two, and incident one, on all members of the cluster. Members of the cluster will fly away, but there may still be some left. Date/locate the stress moment when the cluster attached itself to you. If there are still any BTs left, ask for the leader, he will present himself. Put thoughts into the cluster leader, that it is so very beautiful, and so much fun to be swooping around the world on beautiful days, as a thetan exterior. Tell him it is his right to be free. Tell him telepathically, to look around, and enjoy life. Give whats left of the cluster a little theta shove, and wave a happy goodbye. After all that handling, I doubt any cluster will still be with you. If a cluster member is still there, ask him, why he is staying, and run, for him, any engram, which contains the postulate to stay.

25. HIGH TRAINING LEVELS – LESS USEFUL, BUT STILL NEEDED

All the basic training an individual needs to be able to go OT, is the New Era Dianetics Course, and a co-audit to the state of Clear, followed by the Dianetic Clear special intensive. After that, one can self-study the scio books, and self-audit right on up through the OT levels. That is how simple, and powerful the basic tech is today, and it should be that way.

Class VIII auditors, and case supervisors are very valuable but there aren't enough of them, and nobody can afford their services anyway. We no longer need Class VIIIs to help us through those highest OT levels. The Clear is not a delicate flower. His case cannot be messed up, by a missing comma, on an auditing report form. Those days are over. Self-auditors, these days may never bog, and never get into trouble. The tech is simpler due to clearer understanding. A Clear, who is self-auditing 3rd Dynamic engrams, may cognite on the commands of his next level just about when his present level goes flat, so he usually does not need the

marvelous Authority of some tech geek to tell him its okay to continue. All Class VIII training is very useful in life, but Class VIIIs never knew enough to save the Orgs.

Everyone needs the wisdom of the Class VIII and OEC courses. LRH said that half the gains are from the training, so, double your gains by getting all the Scio training as early as you can. Don't kiss techie ass, though.

Scio admin training might even make you more prosperous some day so that you can devote more time to your auditing.

We now need Orgs mainly for training, and for a safe, cheap, auditing place. We need orgs for group efforts to procure, and produce good food supplies, good auditing equipment, proper education for children, and a hundred other benefits of sane third dynamics, so that our case gains come easily. A guy, with a good steady job, should be able to afford to keep himself, and his wife, and kids training and auditing at the org, most nights, and weekends. Would I bother dealing with an org some day? Probably not.

Formal HGC auditing seems vitally necessary, only at early parts of the Bridge, if at all. We started without computers, and worked under very aberrated circumstances in the early days. The work of modernized Orgs should now be ten times easier. The Bridge is much faster, the results many times more certain.

I suggest you always keep your own counsel about any technical training, including the technology in this book. Remember that you are the thetan, who must prove to yourself the workability, and usability of all that you study.

26. THE FUN TRIANGLE PROCESSESES

a. THE FUN TRIANGLE – DEFINITION - The fun triangle consists of three companion processes: CREATIVE PROCESSING – RANDOMITY PROCESSING,.HAVINGNESS PROCESSING. These three factors must be in balance, for optimum gains. LRH said that that Scientology should be fun.

This is an interesting surprise. It is now your duty to have lots of fun, because we do not want to miss those Scio gains now, do we? Here is, Oh Gawd, a serious scientific (I hope) formula for having fun. Aaagh. Lets face it. Most fun is premeditated, on some flow or other, anyway, so it is okay to set up a good time intentionally.

This Fun Triangle is a cycle of action, which could validly be included on the Scale of Relationships in Scientology 0-8. It is the main reason why the physical universe came into existence, and why it became so overwhelmingly powerful. We were having too much fun to bother with solving the growing power of the physical universe. Now, we can have a lot of fun, while reversing the harm of having lived in this universe. The cycle of action is "creation, randomity, havingness".

b. ENGRAM STYLE CREATIVE PROCESSING (CP, or mock ups) – NOTES – A TRULY UNLIMITED PROCESS

The current use of engram style creative processing is to briefly raise an individual considerably above chronic tone level, so that engrams in the Seven Grace Processes, and in the Know to Mystery Scale Processes will erase at a much faster rate. Creative Processessing has another value in that it makes life very easy, and much happier for the self-auditor.

Engram style creative processing, it turns out, cannot be completed in this life time, and not even while you exist in this universe. It shall not even be complete when you are free out there, creating your own universes. That is okay, because the process produces much pleasure, and happiness, which is the reward for all our training and auditing.

Mock ups are the fastest way I know, of boosting a Clear up the tone scale. It changes lifestyle, and interpersonal relationships wonderfully, within days, or hours.

Even though, CP an unlimited process, it should only be run for limited times, then, later again, for another limited time, and so on. What automatically limits your CP auditing is, that the process opens up your thetanish eyes, so that you become uncomfortably aware of the amazing amount of restimulation of the other sections of the reactive mind, then you feel a strong need to audit all that other restimulation. Sometimes that other restimulation will actually stand in front of you, big as a house, and it will actually force you to stop ESCP until it is handled with Repetitive Recycling Description Process.

I would recommend some introductory non-engram style creative processing, for Preclears, so that they can get to basic-basic even faster than the current twenty-five hour average on New Era Dianetics. Let us target, say an average of five hours, of professional auditing to the state of Clear, after a few months of study, and personal preps, that is.

I think our techies could arrange for that kind of production schedule, now that the preparation tech is better.

Ability gained - ability to influence life by imagination – Freedom from pains of creativity - The action of seeing is the action of creating a duplicate. The ability to truly duplicate is enhanced by 3D Engram Creative processing.

LRH said to do mock ups without running the engrams, which appear when you do mock-ups. Ref. PDC tapes. At this level, you break LRH'S rule. YOU DO RUN THE ENGRAMS, with the help of Repetitive Recycling Description Process, etc, as necessary. The new way is to repeat any mock up activity, which is visited by an engram facsimile. Persist with the mockup while that engram erases. You need to be one tough cookie to do CP as an engram process. When you encounter the engram incident, switch immediately to Repetitive Recycling Description process. Then return to CP for your next engram. CP engram facsimiles fly at you faster than adventures in a funhouse. Apply the rules of CP from the PDC course, and P.104-114 in Scientology 8-8008. Do REMEDY OF HAVINGNESS PROCESS constantly. Mock up every

facsimile you erase and shove it into your body several times, or avalanche hundreds of that facsimile into the body. You can blow your havingness in seconds with mock ups. Run all the mock up processes of Creation of Human Ability as engram processes. The Creative Processing of 8-8008 is also done as an engram process at this level. You can do all chromatic colours, and all neutral colours. Neutral colours are black, white, brown, reflective mirror, clear glassy, or clear liquid, empty physical universe space, and empty theta space. There are also all tone levels, and all frequencies of sound, and other energies, all shapes, all objects, all people, and all perceptics. Mock ups have much range and power, that it will have you making weird speechless noises when you try to describe the charge it blows. You will notice much change in your interpersonal relationships within several days of starting CP. The opposite sex will probably fall in love with you very easily. People will be much more cooperative. Life will be good.

c. ENGRAM STYLE CREATIVE PROCESSING – COMMANDS

Do mockups on a gradient so that you never give yourself a loss.

Anything that a mock up does automatically, you do intentionally, as a duplication factor, so if a mockup vibrates, or changes colour, etc, you make it do that, intentionally.

Any mock up action that produces an AESP, you keep repeating until the engram incident appears.

Erase the engram incident by Repetitive Recycling Description Process.

Return to CP, and continue working with the mock up you were working on.

DO SOME MOCK UPS EVERY DAY, TO KEEP YOUR TONE LEVEL, AND LIFE VIGOUR HIGH, BUT DO NOT DO TOO MUCH. .

Erase perhaps one engram incident, restimulated by CP, and then switch to some other process at your level.

Creative Processing is limited, because, as key out processes, it will cause a Clear to lose reads. As engram processing, too much Creative Processing will key in too many reads on your Personal Charge List. On the other hand if you think you are not getting enough items on your Personal Charge List, go ahead and try Creative Processing, engram style for a few days. Lots of Life Reads will soon show up for your Personal Charge list, and you will be very busy erasing them.

d. RANDOMITY LEVEL NOTES AND TECHNIQUES

A lack of randomity feels like a sad loss of opportunities to explore. Excessive randomity feels like nervousness. Every long time Scio is probably suffering from the low randomity disease, because LRH never addressed the problem in session. Overrestimulation is excessive randomity disease, and it may be more common than previously thought.

LRH made an error, when he said that Scios should bring order, then bring some more order, and then keep on bring more order. LRH also

said that either too high a randomity level, or to low a randomity level, will render a person unconscious. Auditing can bring a fantastic amount of order. This immediately tells you that too much auditing, to bring order, can render you unconscious from too darn much order. Too much order (surprise) can kill your body. This situation would not be from too much of a good thing, but from an imbalance between randomity, and order.

Here is where you intentionally produce that stuff, which LRH called Q quantity.

LRH observed that you could only do so much auditing, then you had to take a break, while the thetan built up his Q quantity, whatever that was. It seems that we have identified the Q quantity, and can now produce it at will, by balancing randomity.

Q QUANTITY – DEFINITION – A level of optimum randomity, at which auditing, and life can best proceed.

NON-ENGRAMMIC RANDOMITY PROCESSING - DEFINITION – Raising, or lowering one's randomity to an optimum level by either generating new actions, or perfecting familiar routines.

To decrease randomity, either repeat a randomity process until it becomes stale, or repeat an old song, or some other old routine, or just audit out the restimulation of undesired randomity, as a problem engram.

One product of randomity processing, is simply to free up your range of life choices.

Optimum Randomity level can be very valuable in interpersonal relationships. There are theta ways of creating randomity, believe it. A typical randomity process could be done, when you greet your neighbors and same old buddies on their way to work or whatever. Make a point of greeting every person in a totally different way than you have ever greeted any one before. You will be surprised at how much this livens up both your day and theirs. Do not forget that randomity is a thing of balance. Too much randomity becomes oppressive, and when it does, balance it. You now know how.

Have you ever been out on a date, and felt uncomfortable because you had nothing to say? You need some engrammic, or non-engrammic randomity handling, in that area.

At the start of a party, people look for an ice-breaker event. That is an event of sufficient randomity to bring the group into present time, so that they can start enjoying themselves. When you dream up some wierd ice-breaker activity for a party, you are actually devising a randomity process.

What happens to the little kid, who goes off exploring in the deep dark forest, alone? I promise you will experience engrams, when you seek randomity like that. We are prisoners of past engrams, which we experienced, when we tried to increase our randomity levels. That is why we have so much material to audit here. You can devise an infinity of engram free randomity processes, but when you encounter an engram incident in the way, run it. You may set yourself a randomity question, like, "What are all the ways I can support my body with three points of contact with the floor?" Kids love doing this sort of thing, and have a

wonderful time. Poets sit around wondering, “What are all the words, which rhyme with cheese?” That is a search for order in word sounds. What makes poetry fun, is that someone has suddenly discovered order, into a randomity, and vice versa, and that puts people into present time. That little nudge into present time, by either increasing, or decreasing randomity, is what makes poetry into such a powerful communication tool. People, who are addicted to crossword puzzles, are balancing their randomity in the only way they know. They need better methods than that because life is short, and case gains to be gotten are huge.

People, who are in present time, are much more theta, that is the secret of not only poetry, but of many other arts. Beauty, is of course another such factor of theta communication.

A randomity process, which you can do with words, is to use a word in sentences as different parts of speech. This is semi-creative work. Take any noun, and use it as the subject of a sentence, then as the verb of a sentence, then as the object of a sentence, then use it as an adjective, then as an adverb. You need to bend a few definitions to do this, sometimes. This kind of drill really loosens up the ability to use language fluently. It is training for poets. Typical benefits of randomity processing are spontaneity, and eloquence.

Getting a proper education may be a good randomity process, but such a thing is not truly available at this time.

One world famous randomity making process was the Kama Sutra. How many positions can two people get into, while they are having sex, anyway?

Nothing can stay sacred forever. Even the Pope cracks up from a joke now and then. Even the Catholic Church changes from time to time.

There are probably thousands of synonyms for chaos and order, in many different settings. Here are just a few.

SOME CHAOS SYNONYMS – pain, illogic hostility, upset, ignorance, unknowingness, confusion, war, injury, disharmony, speed, variety, etc.

SOME ORDER SYNONYMS – boredom, dullness, uniformity, fixidity, total certainty, total knowingness, perfection, rest, peace stillness, no choice, total predictability, permanence, etc.

Too much engrammically enforced chaos will imbalance your life in one way. Too much engrammically enforced order will unbalance your life in another way. If you erase too much engrammically enforced chaos, you will crave more freedom of choice so that you can have more randomity, and vice versa. Almost everyone, who has had a lot of auditing would be imbalanced, probably in the direction of too much order, in their lives. You have an instant certainty, regarding which way your life is imbalanced, in some area. You easily know whether your randomity is too high, or too low, or just right, wherever you look. You can break it down by life areas. My backyard has too high a randomity, my job has too low a randomity, my meals have too low a randomity, and my love life has too high a randomity, or whatever the case may be.

When you are assessing for items to run, you can tell, before beginning the auditing, whether the charge on the item causes greater, or

lesser randomity. You might say "If I run this item, it will make my trip to work even more boring, and I do not want that." If running an item will further imbalance your randomity in an undesirable way, then don't run it. You can pick some other item, which will help to balance your life, in some area. In 3D auditing, you have so darn many items to run, you will never run short or choices.

This correction of randomity levels applies to all the reading items of the Personal Charge list, and therefore may influence the Seven Graces processes. That way, you can tailor your self-auditing to improve special areas of your life.

Work brings lots and lots of order, and we do work all the time. We need to balance all that bringing of order in a healthy way.

Favouring an injured body part will will result in further injury to that body part. The body considers randomity to be so important that it is, at times, willing to injure itself to get more randomity.

A civilized man in a business suit does not want to be seen jumping around like a monkey, or a kangaroo, and making noises like a savage, thus, he sickens himself. Every now and then, some silly dance comes along and lightens up all that stuffy orderliness. Then that silly dance becomes an orderly ritual, and thereby loses its power. If we all jumped like kangaroos when we wore business suits, then it would become a ritual, and would no longer do any good. College students must wait for the weekend to go out on a hoot. That is far too long. It causes a lot of road deaths, and a lot of unwanted pregnancies. Excessive regimentation of our youth causes the age group from eighteen, to twenty-six to have the worst driving records. Actually, regimentation is not a problem at all. It is the lack of sufficient randomity, which causes the difficulties. Healthy ways to blow off steam is what they call it. We need improved technologies of creative choices, if we are to progress with bringing order.

Balancing randomity is a new auditing concept. There are currently a few very powerful non-engrammic randomity processes, but soon, there shall be lots of them. Oddly enough, the only way you can really master some subjects is by alternately creating high non-engrammic randomity, with it, at times, and then making that randomity level very low.

TO AUDIT RANDOMITY LEVEL AS AN ENGRAM PROCESS:

Assess for a subject of non-optimum randomity. Get the ridge, which prevents you from changing randomity in the direction, which you wish regarding a given subject. Lightly conceive changing the randomity in the direction which you wish, and run the resultant engram incident by Repetitive Recycling Description Process.

e. THIRD DYNAMIC OT HAVINGNESS PROCESSES

Those softy little havingness processes, which they use on Preclears, are of little use, when auditing the 3rd Dynamic. You are a big kid now. Third Dynamic havingness is gained by restimulating actual pain engrams, and then not auditing them. Example: strain your shoulder

muscles so that they just begin to hurt, but before you start to as-is the pain, switch to straining some other muscles just up to the point where they begin to hurt, and so on. In a short while, of doing this, your havingness will be very well restored.

3D havingness actions must be changed quite quickly because they turn into engram erasure processes in a second or two.

Perhaps the very best 3D havingness process is to slowly read over some Life Reads from your Personal Charge List, just to get the discomforts, which pop up. Read on to the next item, right after you feel an introductory jolt, or impact of some kind. It usually only takes a reading of only several charged items to restore havingness.

Keep several, of the most recent pages, of your Personal Charge List, clipped together, in a small bundle, in your current coil binder. Pull out those pages for some nice restimulative reading material, whenever your havingness gets low, in session.

CHAPTER 6
GLOATERS

1. THE GLOATER – A DEMON BEING OF GREAT EVIL

The root cause of all 3rd Dynamic insanity has been discovered. It is the gloater, connected to 3rd Dynamic engrams.

What does a suppressive want? He wants to gloat.

Gloating is the act of soaking up involuntary admiration from a suffering, or tortured being. Ill will, and gloating, are opposites of compassion. LRH said that when a being is tortured , that being hates the torturer for a while. Then, as the torture continues, the victim suddenly compulsively admires the torturer. That blast of admiration is the food the gloater desires. Setting up a good gloat is the SP's version of getting his Ruds in. A gloater is the kind of being who would rush up to someone clinging to a cliff, and instead of rescuing him, would secretly shove him off. The gloater secretly seeks the feeling of mixed hatred and admiration that a betrayed, injured, or dying being gives off toward the tormentor. Teams of beings, who desire this kind of dramatization, get together, and run torture sessions in places like asylums and military prisons.

The victim, without 3D auditing, may not figure out for years, that a gloater is sticking it to him intentionally in some social situation, or job related situation. Then one day, the victim figures out the plot, and sees the gloater's grinning face, as if in a dream, still sucking up the thetanish blood. A successful gloater can actually go OT, for a time, by stealing enough theta from enough beings. The price for going OT by this means is to drop to tone minus 40.0 and to remain there indefinitely, perhaps for eternity. An OT at tone minus 40.0 is a strange bird, which ought to be studied, and analyzed.

A gloater watches a great hockey hero in a fight. He seeks material to use for restimulation. He can energize a good gloat with scorn when he meets the hero. “Boy, was that ever entertaining when he punched you and spread blood all over your face. Did we ever have a good time then.” He just stole some of that hockey player’s theta.

Hatred, which cannot be satisfied, converts to admiration when it reaches the hated terminal. The gloater wants to be both hated and untouchable, at the same time. Just think of all the untouchable people who intentionally earn hatred, and you have a pretty good roster of gloater suppressors.

Gloaters can feed off an engram from hundreds of years ago. A gloater might menace you with a decorative sword, getting more and more rudely playfully threatening. When he sees that squirm of restimulated pain, he has food. “Boy, did I ever get your goat with that sword, heh heh.” He just hooked into a death in a sword fight four hundred years earlier. Sometimes one senses someone gloating when one has the mere thought of a personal suffering in life. That may a connection from many lifetimes ago.

Betrayal of a trusting decent person enables the gloater to actually steal life force. Here is the vampire being. Like LRH said, Gloaters make up about 20 percent of the population.

Social beings know that revenge is sweet. When one vanquishes an evil enemy, there is a short period of happiness, mixed with some remorse. The gloater has a soul so dead that he or she vanquishes the best of friends without remorse, then gloats, perhaps for centuries over the agonies that the betrayed person struggles with. Friends are a lot easier to harm than open enemies who might fight back, so gloaters prefer to target friends.

Scios must never leave an injured person defenseless. One gloater loved to pick on sports injuries. A boy would be squirming, semi-conscious on a sandlot football field, with three broken ribs. The gloater would accost the other players, whispering, “He’s faking it. Just get away from here.” When the gloater was alone with his victim, he would repeatedly kick him in the ribs, and slap his face, saying, “You are faking it. Get up.” Later, in casual self-defense, the gloater would sneer, and say, “He acted exactly like he was faking it.”

Prisoners of war are generally well treated, but then a gloater officer awaiting his chance, orders and supervises torture sessions to feed his morbid needs. Cops seldom beat prisoners, but gloater cops are in the police force to beat every prisoner they can.

The social being is baffled, by the gloater, because nothing was done to deserve the attacks. That is the big secret. The gloater does not need a reason, in fact, the more undeserved the harm, the better. The more excellent the being that is destroyed, the more the gloater enjoys it. Unjustly, the gloater gets the promotion, the nice car, the beautiful mate.

The gloater would keep his mate in line with vindictive punishments, which accompany unjust accusations even of future crimes. Anything he does not like results in an unjust accusation of some

imaginary overt, and a punishment occurs. “You are going to the store without me? Pimp talk punishes any intentions, not bad intentions particularly.

The reverse motives of the Gloater make him very hard to catch. He may successfully commit thousands of crimes without being punished. People cannot confront his hateful activities.

Fortunately, every Gloater has a similar bag of tricks to every other Gloater. When you are immune to all those tricks, you are free from all third Dynamic oppression. Gloaters will sense the clarity of your vision, and will shun you.

The gloater is not a BT, and not a Targ. BT and Targ technology will not touch this creature. Some people call him the Black Static Being. The Gloater is a dead being with a few minor OT abilities especially adapted for harming others. The gloater is immune to Human Emotion and Reaction because he is not really here. You think you are talking to a person when you talk to a Black Button Gloater Individual. Not so. The Gloater’s black button viewpoint is a projected viewpoint from a secret home base, usually in the black core of some heavenly body. He plays both his life and the lives of others very much like one would play the buttons of a video game. He is uninvolved, and disinterested, but nevertheless at cause in a reversed kind of way. This mimics the lifestyle of the gods while the being himself is in the depths of hell, perhaps millions of light years away. This is real high-powered black sorcery.

You get a feeling of not-there-ness from talking to a person who is thetan exterior. You get a similar feeling of not-there-ness from talking to a black button Gloater about compassion.

It may take years of 3rd Dynamic Engram auditing before you really begin to perceive the gloater for what he is. LRH said he saw that burned out clinker the suppressor calls a soul. To theta perception, a gloater appears as a black button, or dot, in or near the SP’s body. Occasionally you get two or more gloaters operating the same body. They act as a team, taking turns, each controlling life areas of their specialities.

The gloater may or may not have caused your engram, but he loves to restimulate it. He appears when the engram session is rising through the hatred and anger tone levels. He is both perceived, and moved by postulated projected effort. He hates being moved like that because his black button consists of dead effort particles. If one fails to handle the black button Gloater, one might not be able to get through the anger band of many engram incidents (At 3rd Dynamic levels.). So far, effort handling of the gloater’s black button is the only known effective way. One is incapable of auditing the suppressor on Power and L10 while personally under that intense emotional stress. The SP, at this time, is not worth the trouble, anyway.

There is a process called, BLOW THE GLOATER. You will blow hundreds of gloaters, each time, regaining more of your Third Dynamic beingness. Finally, when you go clear on the 3rd Dynamic, you will be free, forever, from that particular type of gloater. Perhaps, you might feel

kind enough to audit him with some other process, when you are not seething with hatred and anger in the middle of partially run engrams.

It seems quite likely that we will be erasing the black button banks of the gloater suppressors, when we are auditing our Sixth Dynamics.

2. BLOW THE GLOATER – NOTES

This is a process, which one will need to apply from time, to time, to assist in final erasure. It handles suppressors, who interfere with your session, (which will be quite often, at some levels.).

Some gloaters need to be blown several times, because they appear in several items, and in several incidents. Once is usually enough.

This process is based on a tale by LRH, about when he was crippled, and very sick after World War II. He was physically attacked, by three sailors. He proceeded to beat all of them very badly. He said that after inflowing many painful, injurious incidents, he had suddenly outflowed (in that scrap). That resulted in very rapid healing, and a return to health and fitness, much of it almost overnight. When you encounter the black button gloater in your auditing, you will get an impulse to outflow. An outflow of effort, in session, will help you heal faster, and bring you up tone faster. There had to be a use for all those suppressors.

You may not spot a gloater until after FPRD completion. Then, you may encounter gloaters in nearly every session for long periods. A very good indicator that you are hooking into a gloater is that you sense a vicious rip roaring rock slam, and a murderous, overwhelming compulsion to vengeance. You want to scream, and pound and tear the suppressor who caused, or restimulated the engram intentionally. If you are flat on False Purpose Rundown, and you are experiencing this kind of rock slam, reach in theta, and push at the terminal you hate. If your case is up to it, you will see the gloater. In clouds of hatred, you will see the black button, or black dot gloater thetan, who was feeding from your engram. His presence will block the further erasure of the item. He does not want you to go free. He will be aware of you and your session at that time, wherever he is in the universe, he will know that he is found, and found out. You must clean up the charge on this terminal lest you go out and do something bad.

One may blow the gloater in the following manner. Grab the gloater with thetan hand and squeeze him. Your physical hand might do a sympathetic grabbing and squeezing. Go ahead. Grab him as hard as you like. It can do no harm, since it is only happening in your mind. You may also be inclined to squeeze his heart or brain, maybe his testicles and spine too, and give them a good shake. The shrinks liked to say that the insane feel no pain. Maybe this gloater was a shrink.

3. BLOW THE GLOATER – PROCESS COMMANDS

1. Move the black button gloater back and forth with thetan hand. You are his Nemesis.

2. Run his future, going later similars up to his Scio Redemption, if he has a Redemption. If no redemption in his future, then take it later similar to his final damnation. (Anathema).
3. Run his past, earlier similar, back to his evil postulate to be a fear maker, or whatever style of gloater he is being in this session. Erase the postulate by inspection.
4. Keep moving that black button thetan back and forth until he moves along, in a few minutes, into the black core of some heavenly body. You may exteriorize to do this, or you may automatically send a remote viewpoint out with the gloater.
5. Fricate him. Rub him between two thetan hands, right there, in the black core. His blackness will mingle and unite with the celestial blackness, and then, he will be
free of it.
6. Finish running your engram incident. Occasionally, you will look for your gloater, and he will not be found, so you can't blow him away. You will observe that he died as a thetan from some last big overt, perhaps the overt he did against you. That is quite a sobering experience.

4. BLOW THE GLOATER PROCESS COMMANDS (AT TONE 6.0 TO TONE 8.0)
1. Grab the gloater thetan with thetan hand.
2. Move the goater thetan about as forcefully as you please.
3. Run your thetan counter-emotion by making space with theta yelling, etc. much like a battle cry. Notice how your anchor points now move well outward in a clean space.
4. Allow either yourself, or your remote viewpoint, to tour this world, other worlds, etc, while blowing the counter emotion charge.

5. DELIVER A BLESSING PROCESS – THEORY, AND COMMANDS THIS IS THE OPPOSITE OF THE "BLOW THE GLOATER" PROCESS

Some beings love you, and care for you very much, but their engrams got restimulated, and they injured you, while dramatizing. Beings like that might suffer so much from guilt, that, they may even die of sorrow. It is very touching to see how they feel. After you have erased your engram, you will feel the emotional energy, and the need to communicate comfort to them. You can telepathically send them a blessing, by holding their comm line, while feeling that high level of empathy, right when the engram is erased. Send that compulsive theta yell down the comm line, while that high emotion is there. You will suddenly know that they got your blessing, and that both you, and they are free, at last, of the pain, which was caused.

CHAPTER 7
NOTES ON THE CHAKRAS

1. CHAKRAS AND THE KNOW TO MYSTERY SCALE

All levels of the Know to Mystery Scale are Chakras. A chakra is a mind. It is a mind field, usually belonging to the genetic entity. It appears as a wheel, or sphere, in or near the body. The chakra may be slowly turning. The body's structural forms, its metabolic functions, and its instincts are all imbued from its genetic chakras, and worked by the chakras. The body chakras relate to only twelve of the levels of the Expanded Know to Mystery Scale. The thetan chakras relate to all fifteen levels of the Know to Mystery scale. The thetan has a wider range of thought, than does the genetic entity.

The lowest chakra is the reactive mind, which is the thetan's First Dynamic bank, and it is not a part of a healthy body at all. It is, of course round in shape. It generally permeates, or surrounds the body. In a Clear, of course, the reactive mind does not exist. . Freedom from the First Dynamic Bank gives one the certainty that one is a spiritual being. That certainty is a spiritual state, called, by the Hindus, "Atman". The Clear can be in Atman any time he wishes. When one has this ability, one can begin working his way up the Know to Mystery Scale with confidence.

The third eye chakra comes at Thinkingness. The heart chakra comes at Effortingness. The crown chakra comes at Emotingness. The thousand-petal lotus is at Lookingness.

Both a thetan's bank, and the body's bank mess up body metabolism, and distort the shape, and colour of the chakras. When you release on some Level of the Know to Mystery Scale, you have cleaned up both banks. The corresponding chakra turns from a messy distorted, discoloured blob, into a very clean symmetrical area, visible as such to those who can see auras. There are now computer programs available, which enable a normal digital video camera to show chakras, and auras on a computer monitor. When you clear a Level of the Know to Mystery scale, it shows up as a healthy, cleared chakra, and aura on the computerized image of your body.

Nearly everyone notices the power of the chakras at times. When an individual gets very drunk, or takes a very hard blow, or some other physical injury, there is a reelingness. That dizziness feels like you are sitting on a wheel, and turning with it. You actually are turning on a wheel. Pain, or drugs knock the thetan's anchor points in. That causes the thetan to lose control of his position. Then some chakra gives him a sickly feeling ride, for a while.

Each full circle-turn of each single chakra; covers twelve sectors. Each sector of a full chakra circle vibrates at some harmonic, of any of the twelve body chakras. In that way every chakra, is at some moment, or other, in harmony with every other chakra in the body.

The best way to clear, or open the chakras is to audit out the engrams of the KM levels. The Yogi clears chakras by a different method. He relaxes sufficiently so that his bank does not disturb those delicate chakras. The poor Yogi is thereby trapped into passivity, which he must maintain, to keep from reactivating his bank. If he rouses from his

passivity, his bank will inevitably disturb his chakras, and thereby undo psychic powers, which he desires. Passivity should, of course, always be an option, but when it becomes a compulsion, it is a terrible burden.

2. CHAKRAS, AND SOCIAL ATTACKS

Suppressive persons, or rude individuals, or unthinking individuals, often spew out some level of enturbulated thought, which puts a stop, or a reverse spin, or excessive spin on one or more chakras. That makes for a degree of discomfort, and also mental turbulence. Social attacks almost always turn certain sections of one's bank against one's chakras, and thereby against one's body. Too much spin on the heart chakra, for example, can take the heart-beat up to near two hundred beats per minute, resulting in a heart attack. All body chakras, when abused, can cause phyiological havoc.

Chakras, when freed of the thetan's engrams are very stable, and not easily troubled. It is recommended that you systematically clear your engrams out of your chakras. That is marvelous personal protection.

One may, at times bother to restore the proper spin in one's own chakras, and/or in your attacker's chakras, somewhat like spinning a record on a turntable with one's finger. This might calm down a situation. There are a number of chakra treatment techniques, to improve different situations.

3. CHAKRAS AND HIGHER DYNAMICS

So-called peer pressure is felt by all members of a group, in various of the kinds of Third Dynamic group mind, which would be a large chakra affecting smaller personal chakras. Aberrated peer pressure, of course, results from suppression.

A bee hive, is operated by a fifth dynamic chakra mind, which can stretch for miles. Insect species are each run by separate forms, of Fifth Dynamic chakra group minds. Herds of elk, or schools of fish, can be called, and controlled mentally by psychics who contact the appropriate herd minds. Native Medicine Men have often been known to do that. Saint Anthony must have picked up the trick of contacting the collective minds of schools of fish. He was famous because the fish in streams, or lakes, rallied to hear his sermons.

Weather patterns, could be controlled, by various chakras of the planetary mind. A satellite photo of a hurricane would show the pattern of a type of Sixth Dynamic chakra. The Van Allen Belts are another type of chakra of the Sixth Dynamic. In other words, even the Van Allen Belts, are another type of planet mind. Earth has been traditionally divided into twelve zones, vaguely similar to the patch pattern on a soccer ball. The human, and animal life in each of these twelve earth zones has distinctly different flavours, because of the varying harmonies of corresponding planetary chakras.

The Sun's corona is millions of degrees hotter than the Sun's surface. That heat is actually a Sixth Dynamic collective mind in operation.

It must be a fantastic huge mind, which controls the arms, of a spiral galaxy.

4. THE KNOW TO MYSTERY SCALE – DEFINITION – The Know to Mystery Scale is a sequential list of fifteen spiritual minds of man.

The individual has more minds than that, of course. The first level is the Unknowable level. It is an Intuitive Level with a file clerk mind. The second level is Unconscious level Considerations Level, with the polarized mind. Charge in every one of those minds can, and shall be erased.

The body, since it is not a thetan, has only twelve of these minds. These are minds of the genetic entity. Each of the GE's twelve minds is called a chakra, which is the Hindi word for wheel.

The mental operations of body chakras are of very little concern to the auditor at this time. They will be of importance, when auditing the Fifth Dynamic. You do, however gain certain abilities to control body chakras, when auditing the 3rd Dynamic.

CHAPTER 8
THE CHAKRA GRADE CHART

CHAKRA 1. FIRST DYNAMIC BANK, UNKNOWABLE MIND
MIND – reactive mind, or unknowable mind
CHARGE TO RUN – engram chains
OPPOSITES – reactive mind, and analytical mind
EP – erasure of basic basie, acknowledged, and validated.Clear
STATE – Clear, Atman (permanent certainty of one's spiritual beingness)
ABILITY GAINED - ability to be
FREEDOM FROM – black panther mechanism

CHAKRA 2 INTUITION, UNCONSCIOUS LEVEL
MIND – the intuitive mind, or file clerk, or subconsious mind, or unconscious mind, or superconscious mind
CHARGE TO RUN – locks and secondaries
EP – real whole track engram pain is accessible
STATE – occluded case, OT preps completion
ABILITY GAINED – ability to erase engrams, without the help of an auditor
FREEDOM FROM - dubbed in incidents, and dubbed in track

Early in auditing, the file clerk will not bring up the pain in whole track facsimiles, so the file clerk must be worked until it does bring up the pain, on demand.

Auditing the file clerk, involves a library of techniques which key out the bank, but it has been carried to senseless extreme. The only release

point we need is for the file clerk to bring in engrams so we can erase them. The EP is the change from a wide-open case to an occluded case. The proof of the release point is the ability to self-audit objectives processes as engram processes. This is what OT preps completion should really be. Since the required ability is a solo ability, most of OT preps should not be done with the help of an auditor.

CHAKRA 3 BODY
MIND – the somatic mind, objective mind
CHARGE TO RUN – body handling engrams, by doing reach, and withdraw with the body
UNBURDENING – considerations limiting the natural range of one's body actions, lest engram facsimiles be encountered, or restimulated.
EP – full range of body abilities open for use
STATE – natural athlete
ABILITY GAINED – cause over physical health, and body fitness.
FREEDOM FROM – perhaps freedom from disease

From this level, onward, you will apply the Repetitive Recycling Description Process to engram incidents, which will appear in session. This level starts out with Engram Style Objectives Processes, which later expand into Engram Style Physical Exercise Processes. Theta applied to a body can enhance the health of the body. Charge on the handling of bodies will decrease the body's health.

CHAKRA 4 VECTORS, THE MYSTERY LEVEL
MIND – the mystery mind, the polarized mind, considerations, kundalini
CHARGE TO RUN – attitudes polarized by engrams
UNBURDENING – attempts to change people's considerations with mest, or with projected intention
OPPOSITES – the dichotomies
EP – social certainty
STATE – mellow power
ABILITY GAINED – ability to change considerations, of self and others
FREEDOM FROM – degradation, freedom from the use of force in social situations, on various flows

This level was probably called the Mystery Level because people who are not conversant with its laws are very much mystified by it. Conversely, those who are mystified by interpersonal relationships do not know the laws of considerations. They are failing to deal with the very powerful, invisible, and usually unstated vectors of the dichotomies. A great deal of social chaos, and suffering resulted, because this level is almost never discussed in human society. It was generally kept secret, much to our detriment. There is a great amount of pleasure to be shared from mastering the subject of considerations.

CHAKRA 5 SEX
MIND – the erotic mind, the libido, screens
CHARGE TO RUN – screens

UNBURDENING – admiration, and protest
EP – sexual energies cease to restimulate facsimiles
STATE – true love
ABILITY GAINED – ability to love in present time
FREEDOM FROM – obsessions, fetishes

CHAKRA 6 IMBUEMENT
MIND – essence
CHARGE TO RUN – aroma associations , flavour associations, by aromatherapy engram process
UNBURDENING – compulsive moods
EP – aromas, and flavours cease to restimulate engrams
STATE - ?
ABILITY GAINED – to nourish, to permeate, or be permeated
FREEDOM FROM – irrational moods

CHAKRA 7. SYMBOLS
MIND – symbolic mind
CHARGE TO RUN – word associations, and symbol associations
EP – words, and symbols cease to restimulate engrams
STATE – eternal superliterate
ABILITY GAINED – certainty of intended meaning, perhaps communication by thought transference, ability to think in concepts
FREEDOM FROM – engram associations of words, and symbols

CHAKRA 8. COUNTER-THOUGHT, SOLAR PLEXUS
MIND – rational mind
UNBURDENING – fear used to keep self away from places, where engrams occurred
CHARGE TO RUN – dangerous locations of the past, with change of space engram process.
EP – counter-effort begins to run out of nearly every incident
STATE - courage
ABILITY GAINED – ability to intuitively sense areas of real danger, ability to conceive reaching into any area, without fear (The body still generates fear, when it considers itself to be threatened.)
FREEDOM FROM – freedom from fear driven, compulsive avoidance of locations

CHAKRA 9 COUNTER-EFFORT
MIND – heart chakra, effort mind
UNBURDENING – muscle tension compulsively used to fight away engram facsimiles. The muscle tension was used earlier during the actual incident, to try to prevent the engram from occurring.
EP – shift to processing negative counter-emotion.
STATE - relaxation
ABILITY GAINED –
FREEDOM FROM – muscle tension

CHAKRA 10. COUNTER-EMOTION, NEGATIVE EMOTINGNESS LEVEL
MIND – emotional mind
UNBURDENING – negative emotion compulsively used as a weapon during engram incidents
EP – the being ceases to respond to engram facsimiles by throwing counter-emotion at a now imaginary target.
STATE - ?
FREEDOM FROM – ?

CHAKRA 11 EMOTIONAL CONFRONT LEVEL
MIND – ?
UNBURDENING – emotional theta yelling compulsively directed at engram facsimiles to push them away.
EP – the thetan ceases to emote, while running engrams, and instead, is concerned about lack of perception of engram incidents
STATE - ?
FREEDOM FROM – using emotional theta yelling to drive pain facsimiles away

CHAKRA 12 LOOKING - THOUSAND PETAL LOTUS
MIND – perceptive mind
EP – The being ceases to be concerned about perception
ABILITY GAINED - ability to perceive on all perceptics
blocked perception engram process

CHAKRA 13 – SUPER POWER
MIND – the vibrational mind, all frequencies
CHARGE TO RUN – engrams restimulated by frequencies, and run by toning at frequencies
EP – ?
STATE - ?
ABILITY GAINED – ?
FREEDOM FROM – ?

CHAKRA 14 – SELF
MIND – limitations mind
CHARGE TO RUN – engrams where you decided to lessen self
Self audited Engram Style L –10 Process
OPPOSITES – self and not-self, know, and not-know
EP –
STATE – immortality
ABILITY GAINED – ?

FREEDOM FROM – ?

CHAKRA 15 KNOWINGNESS
MIND – cosmic mind
ABILITY GAINED – ability to solve life by merely knowing.
STATE – cosmic consciousness

CHAPTER 9
A FEW NOTES AND THE THIRD DYNAMIC GRADE CHART

1. THE THREE PARTS OF THE THIRD DYNAMIC GRADE CHART.
    1. THE FUN TRIANGLE : (CREATIVE PROCESSING, RANDOMITY PROCESSING, HAVINGNESS PROCESSING)
    2. THE KNOW TO MYSTERY PROCESSES
    3. THE SEVEN GRACES PROCESSES
    You cycle through these three parts over and over again.
    There may be better grade charts. This one is still experimental. The parts are explained, and the processes listed below.

2. PREREQUISITES TO THIRD DYNAMIC SELF-AUDITING
    HQS course
    Survival Rundown.
    New Era Dianetics course, and co-audit.

3. THE INTERTWINED THIRD DYNAMIC GRADE CHART
    You alternate among the following three charts as you audit the processes.
    The new 3D technology makes a faster and much more certain Bridge to OT. The Grade Chart has always been improved from time to time. No doubt, it will need to be re-designed periodically for some time to come. At this time, the original Scio grade chart is no longer valid above the level of Dianetic Clear Special Intensive. There are a few minor improvements needed below the state of Clear. Above the State of Clear, the old grade chart is a failure. Even as a failure, it brought a lot of case gain with certain limitations.
    The fun triangle is like a daily reward interspersed between other auditing items. It includes an OT havingness process.
    Its purpose is to raise tone level so that the main processes run faster, and life runs smoother. Without present time creativity, your considerations have less power. The new creative processing also erases a lot of engrams. Just do not do too much of it, or you will get too high, and OT-ish for your britches. Too many reads will be restimulated from unflat

lower levels. The Fun Triangle will be used while you move up through the entire Expanded Tone Scale, and beyond, so, you will have plenty of time to do it, perhaps a billion years.

You will discover, very quickly in auditing, that the Fun Triangle is an indespensible tool, which will break loose a lot of life related auditing jams, which would normally take much longer to audit. You never know that you actually need to alternately audit the three grade charts, until you try it for a while. Then, wow, what an improvement.

3D GRACES	KNOW TO MYSTERY LEVELS CHAPTER 7	THE FUN TRIANGLE REF. SECTION 2
	UNKNOWABLE LEVEL THE SCIO GRADE CHART FROM NEW PUBLIC THROUGH CLEAR, OR HIGHER, PREFERABLY CLEAR FROM NED CO-AUDIT, PLUS DCSI	OT HAV PROCESS, RANDOMITY PROCESS ENGRAM STYLE CREATIVE PROCESS
GRACE 1 ETHICS ENGRAM STYLE PROBLEMS PROCESS, ENGRAM STYLE Q AND A PROCESS, ETHICS FREEZE ENGRAM PROCESSES		
	UNCONSCIOUS LEVEL LOCK SCANNING SELF ANALYSIS	
	BODY LEVEL ENGRAM STYLE OBJECTIVES ENGRAM STYLE PHYSICAL EXERCISE	
	MYSTERY LEVEL ENGRAM STYLE RISING SCALE PROCESS ENGRAM STYLE DICHOTOMIES PROCESS AUDITOR TRS ENGRAM PROCESSES	
GRACE 2 SELF-AUDITED FALSE PURPOSE RUNDOWN	SEX LEVEL SCREEN ENGRAM PROCESS, ETC	
	EATINGNESS LEVEL AROMATHERAPY ENGRAM PROCESS ALL PERCEPTIONS R+WD ENGRAM PROCESS	
	SYMBOLIZINGNESS LEVEL WORD ASSOCIATION ENGRAM PROCESS, ETC.	

GRACE 3
ARC BREAK
ENGRAM PROCESS

THINKINGNESS LEVEL
CHANGE OF SPACE
ENGRAM PROCESSES

EFFORT LEVEL
REPETITIVE RECYCLING
DESCRIPTION ENGRAM PROCESS

NEGATIVE EMOTINGNESS LEVEL
REPETITIVE RECYCLING
DESCRIPTION ENGRAM PROCESS
GRACE V FIXED IDEA
ENGRAM PROCESS

POSITIVE EMOTINGNESS LEVEL
REPETITIVE RECYCLING
DESCRIPTION ENGRAM PROCESS
GRACE VI
GPM ENGRAM PROCESS

LOOKINGNESS LEVEL
BLOCKED PERCEPTION
ENGRAM PROCESS
GRACE VII
VALENCE ENGRAM
PROCESS

KNOW ABOUT LEVEL
TONING ENGRAM PROCESS
SUPER POWER, ALL FREQUENCIES

NOT KNOW LEVEL
ENGRAM STYLE L10
WATERLOO STATION ENGRAM PROCESS

KNOWINGNESS LEVEL
ENGRAM ERASURE BY DECIDING TO KNOW

CHAPTER 10
THE CHAKRA PROCESSES

EACH OF THE CHAKRA LEVELS IS AS IMPORTANT AS ANY 3D GRACE.

CHAKRA ONE - CLEAR LEVEL

UNKNOWABLE LEVEL – THE CLEAR LEVEL- ABILITY TO BE

CERTAINTY OF ONE'S SPIRITUALITY – THIS IS CALLED, BY THE HINDUS, ATMAN. THE CLEAR HAS ATMAN, FOREVER.

GO CLEAR AS EARLY AS POSSIBLE

We should now drop the rule that one do Scio Grade IV before doing NED, now that we have a real hot engram program for Clears. The Scio grades were a good product for their time, but they can now be bypassed by nearly everyone.

A full time Ned auditor can produce about 100 clears per year. New Era Dianetics (NED) takes a New Public Person to the state of Clear in an average of less than 25 hours. A NED co-audit is excellent because that way you get needed auditor training.

One who does not go clear on NED may do grades, then more NED. If Still unsuccessful in going Clear, one does all the grades and the Clearing Course.

It is said that there is another alternate route to Clear whereby a New Public Person can easily go Clear without ever needing an auditor. One person at ASHO became famous because he went Clear, in one half hour on Book One Dianetics. The tech just keeps getting better and better. All of the best tech on this should be collected, and making Clears should be a specialty. A Scio Clearing Center should cheaply churn out Clears by the thousands.

One who is not yet clear has the bank literally blinding the spiritual vision. This bank operates very much like blindfold so that one usually cannot see personal engrams unassisted. That is what makes the banks unknowable, and somewhat unauditable by self.

VALIDATE AND STABILIZE THE STATE OF CLEAR

The Dianetic Clear Special Intensive must be done. The reason will become very plain when you complete this quick and easy process.

CHAKRA 2 – INTUITIVE LEVEL

THE UNCONSCIOUSNESS LEVEL – THE FILE CLERK LEVEL – SOMETIMES CALLED THE SUPERCONSCIOUS MIND, BY MYSTICS

ABILITY GAINED – ABILITY TO RUN ENGRAMS SOLO

The file clerk mentioned in DMSMH, is the Intuitive Mind. The file clerk has all information on anything, and everything, in the past, present, and future, and it does instant service, which shows up as an instant read on the e-meter. If you know how to ask the question, and can confront the answer, the file clerk will bring you that answer. If you cannot face the answer, then you will get dub-in. If you cannot face the answer, then there is hidden pain, but the file clerk is reluctant to bring you pain because it has the duty to protect the mind from causing harm to the self-auditor.

There are many tricks for gaining information from the file clerk, so that you can throw an individual into a very painful incident, unprepared. The correct way is, of course, to erase pain on a confrontable, comfortable gradient. When the self-auditor is strong enough, then the file clerk will serve up the more painful information.

Intuition, acess to infinite data, and track recall is merely another ability you have.

There are many techniques for moving bank bank both in and away.

One audits the file clerk mind to gradually improve memory until you contact past lives and then whole track memories and then engrams One also develops the ability to date/locate. Surprisingly, a simple hand-held pendulum can be used to date-locate about as well as a meter. The capability of the file clerk to locate all varieties of data is truly infinite. There are thousands of intuition building drills, which could be devised for OTs. We still may use a meter for back up. Long experience with this level gradually makes the meter unnecessary. OTs should be able to locate anything on, or under the earth, or in the sky, and be able to know nearly anything instantly. Dowsers are not surprised at such intuitive powers.

The self analysis processes, lock scanning , and the OT preps processes.are at this level. These steps are outlined earlier in this book in the section on Preparatory Auditing Targets. The EP of this level is certainty of the ability to self-audit engrams. Confidence in one's engram running ability is OT Preps completion.

OPEN UP ACCESS TO PAST LIVES

Easy recall of past lives is vital to nearly all future auditing. For this purpose, we have the Self Analysis Book, done a new way, Lock Scanning, done in a new way and the Handbook for Preclears.

SELF ANALYSIS THEORY, AND COMMANDS

Audit the Self Analysis Book.

Per the Philadelphia Doctorate course tapes, there is an extra command, which turns the Self Analysis book into an unlimited process. It is called the "unknown" command". You need that unlimited process capability because you want to keep auditing Self Analysis until you break into past lives, and whole track.memories. (Without the extra command, the SA book produces gains for a while, then, it produces losses.)

When you ask for an "unknown" friendly dog, it automatically switches over, and becomes a known friendly dog. You would do a chapter of Self Analysis first in the regular way. The questions might go like this:

Recall a friendly dog. What was the weight? What was the body position?

Then you would redo that chapter, and the questions would go like this:

Recall an unknown friendly dog. What was the weight? What was the body position?

That wheel which comes with the Self Analysis book is a clumsy apparatus. Make up some platens, and lay them alongside the book

Whole track recall may begin to come in faint, brief pictures, but that is an excellent start. Continue the Self Analysis until you feel pretty good about your whole track recall.

You will probably get the urge to study everything in the library, during the self-analysis phase of your auditing. Just hold off on those urges to study so much. The urges will change a bit, as you become more aware, from further auditing.

Audit Self Analysis, and Lock Scan until able to competently scan engrams, or at least heavy locks containing engram facsimiles.

Lock Scanning Ref. Science of Survival. Lock scanning is simply, scanning through, earlier, and earlier similar incidents or memories, hopefully you will soon be able to scan earlier similar charged items until engrams are encountered and erased. Lock Scanning will not get you into very heavy engrams, and there might be a little uncertainty about what you perceive. That is okay. Certainty grows with experience, and higher auditing levels. You will be surprised during lock scanning at how bizarre, and unbelievable your whole track appears, then, perhaps years later, you will be surprised again, to discover how correct most of your lock scanning perceptions were. You may get a lot of dub in, and some imaginary incidents early on, but running imaginary incidents still produces lots of case gain, surprisingly enough. Real incidents will soon appear.

You can lock scan anything under the sun, and anything you can think in your mind. The gradient of Lock scanning, is pleasure moments, then earlier similar pleasure moments, and so on, then, later on, run locks, e/s , then secondaries, then engrams. THE BEST LIST OF ITEMS TO LOCK SCAN IS YOUR PERSONAL CHARGE LIST. Save your list of lock scanned personal charge items, because after you have released on this level, you may redo a lot of those lock scanned items as full engram items, using repetitive recycling description process

Lock scan Handbook for Preclears, as well as anything else you wish.

The technique called, blowing engrams by inspection is amost always blowing heavy locks, not actual engrams. When you try to blow really heavy engrams by inspection, you will probably get dub-in. One who audits like this is called a wide-open case, even when that individual has officially attested to some high OT level. Running engrams by inspection is far higher than the ability of an ordinary human being, but, for a Clear, it is an introductory process of limited value. You can key out a lot of bank that way, and you can open up a lot of whole track. It gets the paint off the engram. Now, you must handle the main mass.

Do not be ashamed when you find you have dubbed an incident. Underlying dubbed in incidents, are very real similar incidents of incredible pain and horror.

On a self-audited False Purpose Rundown, the act of running out many justifiers regarding a whole track OW chain, eventually opens up

the engrammic prior confusion incident, which is the real meat of auditing. When you suddenly move, from lock scanning, and blowing engrams by inspection, into real solo engram erasure, you have gone from wide-open case, to occluded case, and that is such a rush. It is a vital requirement for 3rd Dynamic self-auditing from this point onward, that you be an occluded case.

There are probably many unburdening techniques, which will bring a case from wide open, to occluded. There is probably one major unburdening technique for each Grace, plus many others.

RULE OF LOCK SCANNING

If charge is decreasing then the incident is rescanned, and if charge is not decreasing, then one looks for an earlier similar incident to scan. Eventually, one encounters and erases the basic engram and that is End of Item.

GO DEEPER:

WHEN ONE ENCOUNTERS A LOCK ON AN ENGRAM FACSIMILE, DURING SCANNING, THAT FACSIMILE MAY BLOW AWAY, IN AN INSTANT, WITH NO PERMANENT BENEFITS. YOU MIGHT SEE SOME TERRIFIC IMPACT, BUT IT SEEMS TO BE GONE, WITH ONLY MINOR DISCOMFORT.

THERE IS A MISSING COMMAND FOR LOCK SCANNING. WHEN YOU SCAN AN ENGRAM FACSIMILE, AT THIS LEVEL, OR AT ANY LEVEL FROM HERE ON UP, FOR THAT MATTER, THAT COMMAND IS “GO DEEPER”, WHICH MEANS, HOLD ONTO THAT ENGRAM FACSIMILE, AND LOOK DEEPER INTO IT. FEEL DEEPER, TO EXPERIENCE, AND ERASE THE REAL IMPACT PAIN, SICK FEELING AND GENERAL BODY SHOCK, IN THE INCIDENT.

IF THE “GO DEEPER” COMMAND DOES NOT WORK FOR YOU, AND THE FACSIMILES FLY AWAY, CONTINUE AUDITING THE SELF ANALYSIS BOOK, AND THE LOCK SCANNING UNTIL IT DOES WORK.

Run the reach and withdraw processes on anything, and particularly any object with charge on it until engrams run easily just from touching and then withdrawing your hand. Be sure to flatten the charge on an object before doing R+WD; re: another object.

LOCK SCANNING AS DOUSING DRILLS: It appears that if you lock-scan any given subject enough, you can gain powerful intuitive awareness of that subject. Scan, say water and its location, and earlier similars, say drinking water, then scan rain water, then scan salt water, and its location earlier similar. Then you may more strongly develop your ability to douse for water. One may develop the ability to douse for anything.

EP OF THIS AUDITING LEVEL – to be able, as a self-auditor, to control the file clerk well enough to access the pain of engram incidents, at will. You must become able to bring up the elements of impact, injury, pain, and unconsciousness, so that you can audit, and erase them.

SOME TESTS FOR COMPLETION OF THIS LEVEL (YOU HAVE GRADUATED FROM THIS LEVEL WHEN YOU CAN SELF-AUDIT ENGRAMS BY ANY, OR ALL OF THESE METHODS)

TEST 1

I found it was easy to scan the whole track facsimiles, which were supposed to be flying off, when doing the reach and withdraw drill. Those scanned incidents, turned out to contain engrams, which erased in the process. So, I was getting a free engram session just doing reach and withdraw on an e meter in the academy. I never realized, at the time, that this was a major case transition point. Doing the process this way is merely a test at this level. The process will reappear at Body Level, later, on our grade chart.

TEST 2

I began encountering prior engrams, when writing up my O/Ws, using the withold system (which is discussed in Grace II in this book.). The withold system includes looking for earlier similar charge, and sure enough, in past lives, there were the engrams. It was a simple step to go from whole track lock scanning, to writing up whole track overts and witholds. One day, you slip into scanning the prior confusion, on an O/W chain. That prior confusion will be a real engram incident. This is just a little test. Do not continue auditing, with this process for long. This process will appear later on our grade chart at Grace II.

TEST 3

RISING SCALE PROCESS DONE THE FOLLOWING NEW WAY IS THE MOST IMPORTANT ENTRY LEVEL PROCESS THERE IS. IF IT RUNS ENGRAMS FOR YOU, YOU MAY CHOOSE TO DO THE ENTIRE RISING SCALE IN THIS NEW WAY OVER AND OVER AGAIN, FOR WEEKS OR MONTHS, UNTIL FLAT, OR RUN IT LATER ON THE GRADE CHART ALONG WITH THE REST OF THE DICHOTOMIES. IT IS AN INTENSE OT PROCESS. WHEN YOU CAN DO THIS PROCESS PER THE INSTRUCTIONS, YOU ARE NO LONGER A WIDE OPEN CASE.

In Handbook for Preclears, there is a false command for Clears in the Rising Scale process. You need to run Rising Scale as an engram process. A Clear does not reach as far as possible toward an upper concept. That will result in a mockery of Tone +40.0. A Clear should not merely reach as far as possible toward a lower concept either. That will only produce the blackness of a mockery of Tone –40.0. The proper commands for Clears are given below.

NEW RISING SCALE, AND DICHOTOMIES ENGRAM PROCESS, FOR CLEARS – THE COMMANDS

1. Reach lightly toward the upper concept of the Rising Scale pair, until you first contact something.
2. Scan what you contact. It will be an engram.
3. Erase the engram.
4. Reach lightly for the lower concept of the pair until you first contact something.
5. Scan what you contact. It will be an engram.
6. Erase the engram.
7. Continue with this pattern through all the pairs of Rising Scale, then start all over again.

You can run Rising Scale like this for many sessions, for days, and months. Keep recycling through the process over and over again. The longer you audit it, the more charge you get off. This is a very powerful engram process, which will strengthen you for higher level auditing. THERE ARE NO RESISTIVE CASES, ONCE YOUR SELF AUDITED ENGRAMS START ERASING WELL, SO IF A TEST PROCESS WORKS WELL, IT IS TIME FOR SOME CONGRATULATIONS.

GRAND INITIATION.

If you can run engrams by the methods just described, you are now one of us. You are ready to begin auditing the upper Dynamics. You may soon be ready to take up, if you wish, the responsibilities, and blessings of a Scio Brahmin post. Congratulations again.

It is your duty to yourself, and to others, to clear as many of your higher Dynamics as possible in this lifetime. At some point, you will be unstoppable.

If you choose to help others, with the knowledge you gain, then you will be a very valuable being.

BEST WISHES TO YOU, ON YOUR JOURNEY

LORD EXITTER.

CHAKRA 3 - BODY LEVEL

THE BODY LEVEL – THIS LEVEL IS REACH AND WITHDRAW PROCESSES ability to create, and maintain body health and fitness.

SOME PARTS OF THE FOLLOWING LEVEL ARE STILL UNDER RESEARCH, AND ARE A LITTLE CHAOTIC, BUT THEY STILL WORK WONDERFULLY. Please be patient regarding the disorder. WAITINGNESS LEVEL – IF THIS MYSTERY LEVEL IS SKIPPED, SEVERE BODY PAINS WILL GRADUALLY BE INCURRED AS ONE DEVELOPS, AND APPLIES MORE OT ENERGY. At this level, one gains the ability to stay in present time around material objects, including your body. This entire level at Waitingness is but a very large expansion of the Survival Rundown, and the HQS course, done engram style. The running of engrams with these processes makes for much greater, and longer lasting gains. They include mastery of physical fitness.

REGARDING OT 3 ERASURE – YOU WILL RUN MUCH OF OT 3, QUITE CASUALLY, AS BTS TURN UP WITH YOUR PHYSICAL EXERCISE ENGRAMS.

IT HAS BEEN DISCOVERED THAT A PERMANENT FITNESS LIFESTYLE IS A VITAL REQUIREMENT FOR MAXIMUM CASE GAIN.

TA REQUIREMENTS, AND WORK REQUIREMENTS ARE SO HIGH THAT IT MAY BE IMPOSSIBLE TO GO OT IN ONE LIFETIME WITHOUT A TONE 4.0 BODY. THE OTS PRODUCED SO FAR BY THE COS, HAVE NOT BEEN VERY GOOD.

SOME VERSION OF THE PHYSICAL EXERCISES SHOWN HERE MUST BE CONTINUED THROUGHOUT YOUR AUDITING YEARS.

PHYSICAL FITNESS CAN PERHAPS DOUBLE YOUR HOURLY TA MOTION, DOUBLE OR TRIPLE YOUR WEEKLY AUDITING HOURS, AND TRIPLE YOUR STUDY STATS.

LRH touted the terrific value of vitamins, minerals, and good food, for faster auditing gains. The following physical exercise technology should multiply the auditing benefits of a good diet.

The decline of auditing ability is gradual among the sedentary, but the improvement during a good fitness and nutrition program is dramatic especially as one gets older. The new Engram Grace processes are very hard on the body, so one should develop a very strong body to take the pains and strains. One good thing about having an aging body is that it pulls in many more of your facsimiles, thereby giving lots more material to audit.

OBJECTIVES ENGRAM PROCESSES

Do Reach and Withdraw process on various objects, one at a time, while scanning the engrams which blow off. Techies be sure to do the old Reach and Withdraw process on the e-meter, (not holding the cans, of course) but this time, pay attention to those engrams which restimulate,

and erase them, as they appear. There will be plenty to run. Expand the Reach and Withdraw by moving the entire body in and out of buildings etc. A ten foot cube of concrete may have enough charge to run engrams for a whole day, or maybe not. Do the R+WD on anything that blows charge.

Assess your world for more charge. Spot any object, which may have some of your engram facsimiles living in it, or merely assess objects by doing a moment of reach, and withdraw on them. Do ambulatory reach and withdraw on the object, and run the engram. Take up the actions of a trade, like crawling under a car with a wrench, or taking pipe wrenches under a sink, and then back into the toolbox. This process does not seem like much, but it can run, in its many forms, heavily for many weeks.

NOTE: The following section on physical exercise, the processes are correct but the sequence is not perfected. Some of the tone level numbers may be wrong, and so forth. It should still be an easy task to understand and apply the tech, surprisingly enough.

PHYSICAL EXERCISE TECHNOLOGY AND PHYSICAL EXERCISE ENGRAM PROCESSES – ARE REACH AND WITHDRAW PROCESSES EITHER AT MYSTERY LEVEL, OR AT WAITINGNESS LEVEL ON THE EXPANDED KNOW TO MYSTERY SCALE

PRINCIPLE: WHEN THE EXERCISE MODE IS TOO HIGH FOR THE BODY TONE LEVEL, IT RESTIMULATES PAIN AND RELUCTANCE. Suppressive physical fitness supervisors yell people into the wrong exercise mode. Go go go. Harder faster. Come on.
BODY RELUCTANCE WILL INCREASE WITH EACH SUCH INCIDENT UNTIL IT EVENTUALLY FORCES ONE TO QUIT SUCH EXCERCISE.
PRINCIPLE: WHEN AN EXERCISE MODE IS TOO LOW FOR THE BODY TONE LEVEL, THE GENETIC ENTITY TRIES TO TAKE OVER CONTROL, BY MOVING THE BODY OFF ON ITS OWN BUSINESS.
PRINCIPLE: FOR OPTIMUM GAINS, ONE MUST CONSTANTLY MATCH THE EXERCISE MODE WITH CHANGES IN BODY TONE LEVEL.
Every exercise deals with various tone levels, the tone level of the exercise mode, the tone level of the body part or organ being exercised, and the overall tone level of the body.
PRINCIPLE: THE PRIMARY EXERCISE TOOL IS THE ATTENTION OF THE THETAN. AT ALL TIMES, ONE PERMEATES THE BODY AND THE SURROUNDING SPACE WITH ATTENTION. ONE FEELS, SEES, AND SENSES WHAT IS OCCURING TO THE BODY. THE GE AND CELLS RESPOND TO LIVE THETA-PRESENCE, MORE THAN ANYTHING ELSE. THETA BRINGS ORDER, TO LAMBDA.

EXERCISE DEFINED – FOR OUR PURPOSES, EXERCISE IS DEFINED AS A THETAN INITIATING MOTIONS IN A LIVING BODY ON A GRADIENT.

EXERCISE AUDITING – IS THE ACT OF ERASING SOMATICS, AND BLOWING ACTIVATED BTS, WHICH ARISE WITH EXERCISE.

EXERCISE MODES – ARE STYLES OF EXERCISE ASSOCIATED WITH BODY TONE LEVELS.

EXERCISE GRADIENT - THE CORRECT EXERCISE GRADIENT IS THE PROPER EXERCISE MODE, DONE LIGHTLY ENOUGH TO CONTACT ONLY ONE SOMATIC AT A TIME, AND TO RESOLVE THAT SOMATIC BEFORE RESTIMULATING THE NEXT SOMATIC.

IN THE BEGINNING, EXERCISE MUST BEGIN VERY LIGHTLY. LATER, ONE CAN USE A LOT OF FORCE WITHOUT MUCH RESTIMULATION

THE EXERCISE OPTIONS
ONE CAN KEY OUT EXERCISE SOMATICS BY STAYING IN PRESENT TIME, AND REACHING AND WITHDRAWING ON A CORRECT GRADIENT, OR ONE CAN PERMANENTLY ERASE THE ENGRAMS, WHICH CAUSE THE SOMATICS.
ERASURE, OF COURSE, RESULTS IN PERMANENT ABILITY GAINS.

TECHNIQUE USES AN ORG BOARD – FITNESS USES THE KNOW TO MYSTERY LEVELS.

There libraries of badly explained techniques, for every skill subject, not just sports techniques. Before you are 3rd Dynamic Clear, you shall be able to work out the org board for training in any work skill, and any sport skill. You shall also be able to work out the auditing processes to take any skill, or sport to an OT level of competence. Audited skills will carry on through future lives. That way, education is not lost, instead it will accumulate from lifetime to lifetime

. There are catalogues and catalogues of exercises exercise forms, and they constitute prepared auditing lists, for a Scio who knows how to use Know to Mystery Engram Processes. Fitness achieved by auditing engram processes can take years, but gradually, you will develop a permanent theta power to gain all future fitness with speed and ease. You may live to be a very fit, sexy, and vigorous ninety year old, who enjoys

life to the very end. In the many future lifetimes, fitness will be an easy, joyful product, which takes very little time, and very little attention.

COMFORT – IS A FEELING OF OPTIMUM RANDOMITY FOR A BODY.

For optimum fitness gains, one must exercise a body at optimum randomity levels. A body seeks comfort. A body adapts itself to new conditions so that it can be comfortable in those new conditions. Both the thetan and GE work best at optimum randomity.

You will build increasing rebellion if you try to push the body above its tone level, and beyond its limits. The body hates that, and it will only serve you temporarily. It will balk and fight you just as a mule resists bad control, more and more with pain until it makes you too lazy to exercise on your own self-determinism. You will not be able to get out of bed for days, if you push hard enough. The limitations, of bodies or organs are determined by their tone levels. One must bring one's body to a high enough tone level to do whatever exercise one desires.

Every body, and every body organ and every individual cell has its own tone level. Optimum randomity can only be maintained when exercise tone (Mode level) matches the tone level of that body, organ, or cell.

It is nice to have a body, which wants to work for twenty hours per day. Two hundred years ago, a twenty-hour work day was normal throughout Europe. For a woman to produce twenty children was not uncommon. Thirteen was only average. Three thousand years ago, reproduction was probably higher than that. It takes a tone 4.0 body to produce twenty children, not to mention an excellent sexual pleasure statistic. Only eighty years ago, it was common at Eastern European weddings, to dance, drink, and party for three days and nights without a break. Our bodies today simply could not survive that much partying. Carrying on like that is not advised, but what a health level they must have had. North American Blacks have a better than average sexual statistic because their race is three decades behind the White in health deterioration. Even blacks are not very healthy these days.

One lifetime is but a short time to secure sufficient case gain. A fit, healthy body tolerates several times more daily TA motion. A high-toned body can audit fifteen hours per day, instead of five. Study stats double, and triple with a high-toned body. A high-toned body is at least as important as both the Briefing Course, and Class VIII course together, in securing one's Bridge.

Fitness is assisted by lifestyle. Get rid of enough gadgets, so that you get reasonable daily exercise without thinking about it. That probably means to leave your car keys at home, most of the time. Formal engram running exercises are not sufficient exercise at all. Regularly running all metabolic engines until the fuel tank runs dry is important. I know you probably can't do it, but try your best to best to get good food.

These exercise drills will give you excellent fitness for both the present and for future lives. You will be able to cause fitness very fast in any future physical body you may choose. You will be freed of tons of whole track charge on bodies. Your nutritional needs will change greatly. Monitor them carefully. Your need for some nutrients may rise by ten times, or more, especially during the processes.

Do a good purification rundown early in the exercise program.

Shiatzu, and Reflexology increase circulation greatly. If you can get massage while in the sauna, expect great results. Later research indicates that the processes called 'Ningle" exercises increase circulation so much that they may be better than massage chairs.

You can do a terrific amount of auditing on a purif because of the somatics, which turn on. Toxins often collect in many areas of engrams, partly because of reduced circulation in those areas. If you erase the local engrams, that area of the body will rapidly detox and less easily collect toxins, in the future. Drink lots of distilled, or purified water throughout exercise, to flush out those toxins.

Some exercises may seem to bog even though they erase a lot of pain. The pain will come off in layer after layer. The magnitude and the form of the incident, which caused the pain may be unconfrontable for a long while. One may discover after some months that one is erasing several years of torture.

PHYSICAL EXERCISE GOALS

The genetic entity has the purpose and the desire to feel good. The thetan wants to feel good too. The Scio thetan also wants to increase ability. These exercises, done properly serve both purposes. Perhaps feeling good is more important than increased physical ability. At any rate, there seems not to be much conflict between the two goals, with the following technology..

Many powerful beings are unable to go Theta Clear because their bodies are saturated with engrams. Theta Clear is the ability to withdraw from the body at will, and to stay withdrawn from the body. One old way of interiorizing a thetan was to injure the body daily over long periods of time, so they made a lot of future auditing work for some of us. The reaching and withdrawing processes at this Level on the Know to Mystery Scale may or may not eventually produce a Theta Clear.

Expect to run tens of thousands of engrams by these exercises.

THE GO DEEPER COMMAND, AND EXERCISE

The Go deeper command is particularly important when contacting exercise engram facsimiles. They can come, and go very fast, and it is easy to be fooled into thinking that you have run the engram when you have only touched it. Just take it slow, and go deeper. Lightly touch, and rub the injured body part, and run Body Help process whenever you think it is needed, which will be most of the time.

IF YOU FAIL TO ATTAIN FULL ERASURES, BY GOING DEEPER, YOU WILL VERY MUCH LENGTHEN YOUR TIME AT

THE EXERCISE LEVELS, AND WILL, IN FACT, NEVER COMPLETE THEM.

FITNESS STANDARDS

Physically weak people neglect auto repair and home improvement. A young man ‘s hands should be strong enough to turn a wrench with ease. He should be able to run at least ten miles, swim hundreds of yards across a cold river, and use a pick and shovel effectively. Women should have similar basic standards. Schools exist to prepare people for life. It should be no shock to take on the strain of one’s first full time job. Fitness is an element of personal freedom. It is very uplifting to look in any direction, confidently able to take on any kind of work, whether office or trade, and do a good job of it. Tech written schooling and adequate fitness can do that at an early age. Self-auditing will take those talents into the next life.

The solid bone structure of a mature, healthy body is achieved by a diet high in minerals, proteins and vitamins, and few carbos plus a vigorous lifestyle with the body at tone 4.0. You need not spend many years getting into shape, like those bodybuilders, and professional athletes do. You can cause fast visible changes in bones, as well as muscles. Fine boned people can develop robust bones. Muscles expand like balloons. When one is free of engrams, and has the tech, a perfectly fit and professionally athletic body can be, and has been built in about nine weeks. It is the engram erasures which take years, depending on how much rough treatment your bodies have had in your past lives. There are a few thetans who have never had much to do with bodies. They are the one’s who have this level easier. You must be free of those engrams for fitness to come easily.

Obesity cannot be safely cured when the body tone level is below 1.0. The metabolism is simply too low to burn off all that fat. The solution is to raise the body to a high tone level and keep it there. The body will handle itself. It will heal rapidly. It will do work for you. Athletes keep their bodies high toned at terrific cost in time, and effort, because they do not know about the bank.

We have been playing the body game for trillions of years, therefore we have a lot of engrams to clear regarding the subject of bodies. Many Scios think they should not bother about the body, because soon, they will be Theta Clear, and OT so they will not need bodies. We have ridges from handling bodies at various distances. One must regain mastery of bodies on a gradient, in order to be totally free of them, just as one would do regarding any area of charge. Your body needs actually act as a pre-session rudiment, even for high level OTs.

Above tone 4.0, for a thetan, there are increasingly OT body control factors. You run the body from gradually further exterior distances. You can heal faster, and faster. You, as a thetan can develop more, and more permanent body skills. You can condition the body to carry OT intention for certain tasks, just like the legendary Buddhist

monks, Knights Templars, and Palladins. Eventually, of course, you will no longer be able to have a flesh body at all, per LRH, but that state is far off for most of us. At that time, you would probably use a mock up instead of a flesh body.

BODY SESSION TIME GETS THE SAME RESPECT AS AUDITING TIME.
SET UP YOUR EXERCISE SESSION WITH THE SAME FORMALITY AS AN AUDITING SESSION BECAUSE IT IS A VERY REAL ENGRAM AUDITING SESSION.

The following body sessions are auditing sessions which produce case gain mainly for the thetan, and incidentally, for the body. Q and A with Body session Time is the most common Q and A we do. “I should take some exercise this evening, but I have something important to do.” There is nothing more important than case gain. Scios think bodies are not important, and indeed, if it was just the body, they would be not very important, but that is not the case.

You must become able to be your body just as you must become able to be all your other dynamics. Exterior is good, but one must also become able to permeate one’s body with compassionate space as a part of your thetan repertoire. If you free your body from your engrams, you will also increase your abilities as a thetan exterior.

1. Set your body session times, for perhaps four to eight hours per day, over and above sleep time, which is also a form of body time.
2. Have specific times and places for body sessions. You will need more than one kind of Gym, and more than one kind of outdoor space.
3. Include preparing and eating excellent meals as part of body session time. Nutritious meals are a vital component of physical, and spiritual health.

THE BODY RESPONDS TO NEW CONSIDERATIONS, AND GRADUALLY BUILDS UP OPPOSITION TO FIXED CONSIDERATIONS. Therefore you must always change your routine, and always change your venue, and schedule, or better audit out all mental opposition to exercise as you go along.

BODY REGIMENTATION GRADUALLY RESTIMULATES MORE AND MORE RIDGES MAKE ONE BALK, AND NULLIFYING FURTHER GAINS. Aging restimulates engram ridges. Since exercise builds ridges, a body very quickly switches to automatic, thereby nullifying further gains. Those balkings can be run by Problems Engrams, Process -Grace 1.You would usually conceive going into exercise, then erase the restimulated engrams. Reversely, especially at the exercise site, you would conceive not going into exercise and then erase the restimulated engrams. One temporary handling is to keep doing new,

and different exercise forms. Getting lots of space thins out, and keys out ridges. A better handling is to keep erasing the exercise ridges. To overcome such automaticity can be nearly impossible. One way to erase automaticity, and balking engrams, is by repeating the automatic act, while scanning. This method is at a lower level and is to be used, when Problem engram running, or ridge running balks.

REGAINING Q (Ref. Scio Dictionary)

Every time a weight lifter finishes a set, he relaxes, walks around, and maybe drinks some water, while he rebuilds his Q. Between high effort fast actions, a martial artist pauses, hyperventilates, and regains his Q. After every bout with exercise engrams, or any engrams, for that matter, the self-auditor walks around, gets some space, looks around, and probably hyperventilates and drinks a little water before going back into session.

A CLEARED PHYSICAL EXERCISE IS ONE WHICH RESTIMULATES NO PERSONAL ENGRAMS BECAUSE THEY ARE ALL ERASED

A cleared exercise will restimulate and run out only genetic pains, and various congestions being cleared by the chakras. Once you have cleared an action of personal engrams, it may stay cleared forever.

BODY ELECTRONICS

Present time body restimulator buttons are often at a distance from the engram location. You will usually be working one part of the body, while the engram runs out at some distant body point. The rules of all these body electronics are not fully worked out at this time, but acupuncture meridians of oriental medicine explain a lot about it.

When exercising, keep attention spread over the entire body because engrams will run out anywhere, often not at the area being worked.

BODY TALK

BTs often chatter verbally, during exercise. They usually speak in incomplete sentences, and cannot carry on a real conversation. The information they give is typically useless. Exercise, on a correct gradient, will uncover BTs, one at a time, so that you may run the OT3 processes on them.

CHAKRA NOISES, AND COLOURS

Chakras have their specific colours, and specific noises, when activated by exercise. They may present themselves like pops, crackles, like those made when people crack their knuckles, noiseless shudders, bangs, a throbbing noise, a ripping sound, the tinnitus sound, of ear ringing, stomach growls, groaning, and so on. It seems that each type of noise is generated by a specific chakra. I have not yet determined, which noise applies, to which chakra. When chakras are heard; or seen, turning, it means that the GE is doing its metabolic work on the body. Chakras

work to clear metabolic pains, and congestions. The thetan works to erase engram somatics. In your exercise session, you either listen to the chakra at work, or watch the chakra turn, or erase the appropriate engram, depending on whatever pops up.

NINGLES SHOULD BE RUN OUT

(Numb tingles) - This is the feeling of encountering metabolic congestion of some sort. Ningles are cleared by persisting at the exercise on a comfortable gradient. The appropriate chakras will clear the ningles.

TIREDNESS SHOULD BE RUN OUT

When you feel tired, continue positive gain exercise until you feel what is called second wind, or an increase in pep.

EXERCISE STABLE DATUM: THERE ARE NO SELF INFLICTED ENGRAMS ALLOWED DURING ANY EXERCISE, NO SHOCKS, NO IMPACTS, NO PAINFUL STRAINS, AND NO INJURIES. WE ARE IN THE BUSINESS OF ERASING PAIN. WE ARE NOT CREATING IT. SUDDEN STOPS CAN ACT AS SELF INFLICTED ENGRAMS, SO THEY ARE NOT DONE.

EXERCISE PHASES

COASTING PHASE

This is how 95 percent of our sedentary lives are spent; just casually doing easy motions, like driving a car, or watching television. There is no strain. One just dawdles along, paying little attention to the body. This is not an exercise, but lets face it, it is nice to take a casual walk on a sunny morning.

THERE ARE FOUR MOTIVATION LEVELS: THREE OUT OF THE FOUR MOTIVATIONS ARE MERELY PREREQUISITE ENGRAM LEVELS PROCESSES.

1. POSTULATE MOTIVATION – AT SUBCONSCIOUS ON KM SCALE.
2. CONCENTRATION MOTIVATION – AT WAIT ON THE KM SCALE
3. ETHICS MOTIVATION – GAINED BY EXPANDING YOUR SPACE – AT GRACE I
4. OPTIMUM ENERGY LEVEL – GAINED BY WORKING OUT ON THE BODY'S GRADIENT – AT MYSTERY ON THE KM SCALE.

The first three motivation steps, are prererequisite auditing, which should be completed, before beginning this exercise program. The fourth motivation step is maintained during the exercise program itself.

TOO STEEP A GRADIENT

If an organ or limb is at apathy on the tone scale, then it should be audited at apathy. A body typically has some parts and some cells at every tone level. It has been found that it is best to work from the bottom of the tone scale on upward. You clean up all organs and cells throughout the entire body before moving up to the next tone level. If you ignore the lower toned organs and cells, pain will, some day, stop you from exercising at the higher tone levels.

It is a lie that a thetan is not motivated. If you make a decision to get fit, you are motivated. It is that simple. Postulate processing at Unconsciousness on the Know to Mystery scale, plus the Ethics Freeze process makes sure you can maintain such a decision indefinitely.

The body wants to serve your commands, but the body has a gradient of metabolic problems to handle. Body metabolism passes through various tone levels in sequence. Body tone levels change by the hour, and often by the minute, just as a thetan's tone level changes.

Forcing a body to operate at too high an exercise mode sacrifices and kills some body cells each time. (Which is why athletes age too fast.) A common error is for an office worker to do paperwork all day, then drive to the Dojo, and go directly into a very harsh martial arts workout. That lasts a few months, and the individual quits working out, for good reason. His body is balking harder and harder. The proper thing to do each day is to loosen up for a while, then walk a mile to the dojo so that the body can come up tone. Then dance a little before the workout. The Capoiera martial artists have the right idea. They dance and also sing before their workouts. Soon the body is ready, and it works out happily. This type of procedure is not as precise, nor as reliable as an auditor would do, but you get the idea.

Your body is telepathic and if it does not like the exercise you have in mind, it will actually push that concept away, giving you a battle. Tricks to overcome the body's aversion to exercise will build reluctance.

To take a body at apathy tone level and make it run and jump vigorously is a very wrong activity, which will produce no gains, and lots of injuries. This error is the cause of most dropped exercise programs, athletic injuries, and most industrial injuries.

MOTTO:
THE FAST GAINING ATHLETE IS THE CAREFUL, ATHLETE, SO JUST FOLLOW THE RULES, INSTEAD OF PUSHING ABOVE OPTIMUM ENERGY LEVEL.

ENGRAM ERASING EXERCISE PHASES

ENGRAM CONTACT PHASE - Begin the exercise lightly, hold engram contact, and run the engram. FOR ENGRAM ERASURE – Energize your exercise, whatever that might be, just energize up to the threshold of

perception of pain, then get the facsimile, and hold that exact level or position or whatever. Run the engram of the facsimile. If you energize too much, you may activate ten facsimiles, and you need to confront engrams only one at a time for best results. Keep reaching, holding and withdrawing, running engram after engram until the body switches to another phase.

METABOLIC PHASE – No engrams run out during this phase somatics are merely body metabolism. METABOLIC PAIN VERSUS ENGRAMMIC PAIN DURING EXERCISE

Metabolic pain comes without your personal facsimiles in restimulation. Metabolic pain is simply the genetic entity working with congested particles. You assist the genetic entity by exercising with repetitive reach and withdraw. Reach to the point of pain or pump through ningle contact (numb tingles), and withdraw. Run this at optimum randomity. After your body is clear of your personal engrammic pain, then you can systematically clear metabolic pain on a daily basis, kind of like brushing your teeth regularly. It may take a long time to reach this level but it is well worth it in terms of comfort and happiness. The more theta you have, the faster the metabolic pain disperses. The better your nutrition, the faster the metabolic pain disperses.

REVERSAL PHASES – For a time, one systematically contacts engrams by reversing something. Example, one engram is contacted by contraction, then, another engram is contracted by stretching. Some opposites are: Front versus back, criss cross, (Like shoulder to hip.) clock wise circles vs counter clock-wise circles, press vs pluck, rubbing one direction vs. the opposite direction, contraction under effort vs. gradual release under strain, sprinting versus hot walking, gradual increase in speed, versus gradual slowing down, as in Tai Chi. This list can probably be extended.

NINGLES PHASE – Numb Tingles - Increased circulation and activity causing increased metabolism, and also clearing Metabolic Congestion. Ningles come in at every exercise mode. After many engrams have been erased, body movements get more active, and matabolism starts to increase, so ningles appear. Ningles are stale body chemicals being cleared and metabolized. Higher level ningles are the clearing of metabolic wastes from high exertion. Ningles are cleared, by gentle repetitive exercise actions. Run any engrams which show up. There will be plenty of engrams to run out during the ningles phase.

RUBBERY FEELING MUSCLES – Run out with long, mild exercise. They come from long confinement, or hospitalization.

ABILITY EXPANSION PHASE – Engrams contacted by increasing the energy level of any exercise on a very gentle gradient. As more and more engrams are erased, the body can take more energization, and it slowly rises in tone level.

FRISKINESS PHASE - Body gets frisky, and wants to play some exercise game. It is like a young colt, which wants to run, or a horse feeling his oats. Play at your exercise and run the engrams while your energy level keep increasing.
POWER PHASE – One eventually feels like a champ, and the body loves the real tough, heavy strenuous workout. There are few engrams to run, and they erase quickly. Some particular exercise action feels great, but do not forget that there are hundreds of other exercise actions to get up to this level.

This phase is dedicated to the body's high tone metabolic need to strain. When there are few or no engrams left to deal with, the body will go into metabolic pain, which can only be resolved by intense strain and the hardest workout possible, (usually for brief times). A lot of the aches and pains of old age occur because one no longer raises the body's tone level enough to take that body to maximum strain. Doctors will prescribe drugs and rest.

BT PHASE – With increased energization and energy flows, one awakens very painful entities, which must be run out, starting with engram erasure, followed by OT 3 tech, or Nots tech, followed by completion of the engram erasure.

ANOTHER NOTE ON BTS

When you run the walking engram erasure process to BT phase, you are doing a good OT3 process. As was stated earlier. Perhaps every physical exercise engram process can be run until it breaks through to running BTs, and clusters etc. That idea has not been tested for every exercise mode yet.

BTs, and CLs used to be dealt with by strong bursts of energy. They shut up, cower, leave, or get in line, and quit hurting the body, or they activate, and hurt like hell. When you encounter a lot of them, of course, you are well into OT3.

Tai Chi masters will move very slow for a while, then burst into violent action for a while. That is to be done at any time when entities are getting too bold. The unknowing public thinks it is to be done at specific places in the Tai Chi form. Not so. Eventually, some entities will not scare easily, or will not leave. Those, you audit, so that they do leave.

Ki Yi, is the Japanese term for very loud battle cries. Ki Yi is very helpful for shutting up entities for a while. The result of Entity Knock Down is a few minutes of great peace and a feeling of great wellbeing. Per LRH, when you play emotion against effort, you get energy. That is how

you can briefly develop super strength, because Scios can generate a terrific volume of emotion to direct at the body.

Some beings growl at you, horribly. That is their entities restimulating your entities. If you growl back, even louder, the reverse flow will quiet both your entities and his. The other being will go into apathy as a result.

When you flow really heavy energy during exercise, you can move up into NOTS.auditing (4th Dynamic). Clear all the lower level materials before really opening up your NOTS case.

When psychotic rock musicians scream their songs at you, they intend to activate your entities. If you are OT, and scream back at them even louder, you will deactivate your entities, and theirs. One good way to get OT 3 material to audit is to get a brief contact with one of these concerts, and then step back for some auditing, then a few minutes later approach the concert briefly, for more restimulation. Be sure to run your personal restimulated engrams as well as those of the attached BTs.

CONCENTRATION HAVINGNESS PHASE – A break in concentration is nearly always lost havingness. Havingness can be reduced by, increasing one's space, thereby thinning out bank density. Low havingness can also be caused by engram erasure. It can occur in seconds. Always mock up the erased facsimiles and shove them into the body, perhaps from several directions at the same time. Always run lots of HAV in the following exercises.

PLEASURE PHASE

Dancing, singing, games, etc.

FEEDING PHASE

HYDRATION PHASE – Often take a drink of unchilled purified water during exercise. SEX PHASE

REST PHASE

SLEEP PHASE

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X-RAYS – disorient the GE.They install a false vivaxis. The vivaxis is the comm line, which connects your body with the geographical point of its conception. Shortly after getting an x-ray, press your somatic points, and orient yourself toward your vivaxis. Disorientation, and shock will run out, and your true vivaxis will be restored.

BRIEF REVIEW OF BARRIERS TO EXERCISE, AND THEIR SOLUTIONS

EXERCISE SITUATION HANDLINGS

Cravings or needs – Handle the body's needs first, then, exercise the body. This includes proper nutrition, vitamins, and minerals, sufficient warmth, love, well rested, lots of pure water to drink, etc.
Discomfort, and no engrams running – Too steep a gradient cut back the gradient to optimum randomity level.
Lack of motivation – Motivation has three aspects, Free Will, Concentration, and the correct exercise modes. (Matching body tone levels.) Both Free Will, and Concentration, are gained by completing lower level prerequisite processes, at unconsciousness, and Waitingness KM Levels. A fourth mode would be creative processing.
Body taking over control, and motivating itself during a light exercise – Apply a higher exercise mode. Higher personal energy application makes the body obey.
Body balking – Look lower on the Tone scale for an exercise Mode, which does not balk.
Ningles – Pump through the ningles, and run engrams until they disappear, and erase ningle engrams when pain is contacted.
Pain Contact– Hold the threshold of the pain, and erase the pain.
Slowing down – Restore Havingness with appropriate Hav process, probably remocking up erased engrams, and shoving them into body.
Pain does not erase – Run the BT
Body wants to switch exercise modes – Switch mode to match the body choice. If the new mode is more vigorous, then the body is coming up tone. If the new mode is less vigorous, then the body is catching up a skipped gradient. Example one is stretching, and the body likes to have the stretched part rubbed. That means the rub engram erasure mode is unflat. Run the engram while rubbing, then continue stretching, and rubbin, if you like.
Areas of pressure, and pains, which are not due to your engrams are probably BTs. Run OT3 on them, while exercising.

THE BODY'S TONE SCALE AND APPROPRIATE EXERCISE MODE
1. A body automatically tries to move into a higher exercise mode when it comes up tone, in this case, mainly from engrams being erased.
2. A body moves into a lower exercise mode for assistance with a lower tone level engram.
3. An Engram keeps shifting its tone level upward every time you look at it.
4. A body takes over control from the thetan when it is higher toned than the exercise mode being applied.
5. A body becomes reluctant, and balks at an exercise, which is at a higher mode than the body's tone level. It pulls in your ridges, as well as its own ridges, until you Q and A.
6. A strong thetan can override any reluctance or balking by the body, forcing it to operate at any exercise mode.
7. Every time a body is forced to exercise at too high a mode, it takes some sort of injury, either at a cellular level, or at a mechanical level.

Exercising at too low a mode will also cause injuries just as favouring an injured body part draws injuries toward that body part.
8. Powerful thetans who override their body's natural tone level, weaken and sicken their bodies, usually without knowing it.
9. Weak thetans can and often do develop better bodies than do strong thetans because they not override body reluctance, and they do not resist their own bank dramatizations so much.
10. Strong thetans typically carry a lot more engrams, which weaken a body with pain.
11. Strong thetans can permeate a body with a lot more theta beingness, whereby they can heal a body faster, raise its tone level faster, and develop it faster.
12. To make a body cooperate without balking, one must match exercise mode with body tone level.
13. Failure to max out when some exercise has raised some or many body parts to tone 4.0, will almost certainly result in physical injury. The body, in a very uptone state demands force, and will get force by causing itself an injury, if necessary.

ENGRAM ERASING EXERCISES IN APPROXIMATE TONE SCALE.SEQUENCE

0.1 Can't stay awake? Hurting or not. Get sufficient comfortable sleep. Lets call a good sleep the first exercise.

0.2 PRETENDED DEATH – conscious but really not up to moving – MINIMAL MOVEMENT STYLE ENGRAM PROCESS

This is an engram technique based on exercises devised by a fellow named , Feldenkrais. The original version was designed for a person bedridden and almost completely immobilized by serious injuries, perhaps even a broken spine. Athletes often have times when it hurts too much to even get out of bed. The surprise is that the minimal movement style engram exercise gives a very good workout, and it heals injuries very fast, and you never even got out of bed yet.

Gently, move a body part the smallest distance until you contact, and run a facsimile. Move that body part gently in the opposite direction until you contact and run another facsimile. Keep doing this until your mobility is quite good.

RHYTHMIC FIDGETING – gradiently increasing the range of motion, while running engrams. This expansion of motion range continues as one gets up and moves around.

PRESS, AND WIGGLE, AND SQUIRM ZONALS – THEORY - This is exercise is especially good for the bowel area. The bowel in North Americans, is usually so low toned that only a lower level exercise like this one can begin to motivate it, and raise its health level.

ALL ZONALS MAY BE ASSISTED BY TWO HANDS.

All zonals should be done with two hands, if possible, when the restimulated engram location is separate from the pressure point. Use the

free hand to lightly rub the distal engram location, while pressing the restimulative pressure point. this second body contact point will greatly assist the visio, and other perceptions of the engram incident.

PRESS, AND WIGGLE, AND SQUIRM ZONALS – COMMANDS:
- Press the area with a finger.
-Notice that the pressed area might feel some discomfort. It does does not respond, but distal body areas feel a mild impulse to wiggle, stretch, and squirm.
- Carry out those mild impulses to wiggle, stretch, and squirm, until the zonal discomfort dissipates.

To do the large intestine with this process, begin near the bottom end of the large bowel, then work downward, then start a little higher up, and work downward, working one point at a time, and again work downward. Keep starting farther up along the bowel, each time and working in the direction of bowel flow.

UNSOLICITED PAIN – RUB ZONALS – Rub the painful areas lightly and run engrams.
PLUCK ZONALS. – Often the body does not want pressure at a point, but wants the skin over the tender zone to be plucked and pulled between two fingers, creating a sort of vacuum, or negative pressure zone. Run the engrams that way. When you have cleared a tender zone, the muscle tenses happily against the finger pressure with a high toned opposition.

PRESS ZONALS

Press shiatzu (or reflexology) pressure points, contact, hold and erase facsimiles. You will notice gradually improving muscle tone. Muscles will be slack at first, then minutes or weeks later, they will tense, wiggle, and push back very happily against the zonal pressures. You can run the weeper and the clam and from History of Man by this process.

TEETH AND ZONALS - You press against a tender tooth, or tender root area, which has no cavity yet. Just barely hold the pain contact, clam facsimiles will run out, which will prevent the cavity from starting. You can save the life of a many a dying tooth by this means. Jellyfish incidents will run out when running zonal engrams in the diaphragm You will notice that the diaphragm is still in the shape of a jellyfish, same for the skull, and roof of the mouth. You should run out the trauma of any new dental filling with this method.

If you encounter a BT, press a finger on it and audit it.

THE BEER DRINKER'S PROCESS.

Alcohol and auditing do not mix but here is a strange process, which makes moderate use of alcohol. Beer beautifully restimulates press zonal engrams, and, later, stretch engrams. You may quietly apply the Processes right there, while watching television in a bar. Sip very slowly. A beer about every hour and a half, or every two hours, is about right.

Knock off after your third beer or so. Apply some more zonals next time your find yourself drinking, and so on. I hate to say it, but this produces wonderful results, over many sessions.

AREAS OF MALAISE – DEFINITION – MALAISE – Is just any sort of long term sensation of weakness, and not feeling well in some body area. You keep on running engrams, in various areas, then, finally, this area of malaise starts to open up. It will probably be filled with an astonishing amount of engram material, perhaps hundreds of injuries, which you did not suspect existed. Eventually, that area, too will clear up, much to your relief, and health improvement.

TOXIN ENGRAMS – Other mildly poisonous toxins might be taken internally to restimulate pains to audit, especially those toxins, which one has been exposed to. The restimulated engrams can be run out, by the appropriate processes. After such a healing, one should do a good purif, to clean any toxic residues out of the body.

DRUG WITHDRAWAL – Zonal engram erasures should be a very good, permanent assist for drug withdrawal somatics.

TARGS – SOMETIMES ARE YOUR FAVOURITE GLOATER SUPPRESSOR FROM PAST LIVES. People talk about soul mates, whom they know from previous lives. There are also past life Suppressives who want their victims back. Those of us, who are stalked and attacked by such a creature, know what it means to fall in love with a monster. You seem to get drawn to each other out of a crowd. You find each other, even across half a continent. Actually, it does not matter if you never find each other. A targ can travel down an ancient comm line.

The engrams were done, to you, in some past life by that suppressor targ, when he had a real body, and so did you. The theta image if the SP's former body is called a targ. The body image is mocked up compulsively whenever the suppressor thinks of having attacked you in the past. The targ is sent telepathically. If a targ hits you with a mocked up club, or a fist, etc, he actually has no force worth mentioning, but he is dramatizing a very real heavy blow, which he actually delivered to your body in some previous life. He typically causes rheumatic painful muscles, tooth pains, headaches, joint pains, etc. Only restimulated bank gives the targ the ability to injure. Rather than put a hex on the targ to make him go away, do Press Zonal Engram Process, or Repetitive Stretch Engram Process on every targ somatic you have. Full erasure of all the targ's historical attacks, totally depowers the targ. Be thankful that the targ appeared to give you auditing material. The auditing material will come on a nice gradient, one blow at a time. The targ might have delivered literally thousands of severe engrams in those earlier times. You must erase them all. It might take months. Perhaps your theta restimulated the targ into action, in present time, because you were starting to go OT. The amazing thing is how much pain is there to be restimulated.

A VIOLET WAND

There is a type of violet wand, which is a clear glass rod full of electrified, violet plasma. It is connected by wire to a microwave generator. It is used as a pretended health therapy device. Its purpose is to induce a permanent disability, much like Lou Gehrig's disease. A twenty minute massage with that kind of device produces an engram worse than several electroshock treatments. Stretch Zonal engram exercises will clear a great deal of the muscular pain, over a period of some months. Eventually, you will hear the buzz of the violet plasma running out, probably when stretching shoulder, and spinal muscles. You can eventually free yourself from that deadly kind of injury, by this auditing.

FLINCH AWAY STRETCHING, AND FLINCH AWAY ZONALS

Some times the body is so tender, and responsive that it flinches away from stretches, or pressed zonals. You can run the engram for a few seconds after the flinch. That is a very workable condition. Do not resist the flinch, or you will overrestimulate engrams. You will actually have more than one engram to run at the same time, if you overrestimulate, and probably will not be able to run any of them. The flinch is activated by, either a chakra, in frantic activity, or a facsimile in instant restimulation. At this mode, your body is starting to come up tone very nicely, and is ready for faster gains.

Stretch to the instant of flinch away, then relax, and go deeper for the engram, and do Body Help on the painful area.

Do not press and hold during flinch aways. Press the tender zone once or twice. Relax when the flinch occurs. Go deeper and run the engram facsimile, or watch the chakra energies, whichever appears.

You can combine the two as a stretch, and press flinch away.

This is very fast auditing. You can erase several facsimiles per minute, this way.

Later on, you may use these same principles during interval training.

THE ZONAL BURN – When you have done a lot of zonals, perhaps after many months, and the process is getting to an end point, you will get strong burning sensations at some pressure points. You might be pressing at one end of a muscle, and plucking at another end, whie flexing the muscle in its full range of motion.The burn at such a time, is an indicator of very high metabolic activity, excellent body response, fast engram auditing, and lots of gains.

When you get the zonal burn, be sure to take several glasses of cal mag per day, and lots of trace minerals. The zonal burn phase is said to be so powerful that it actually reshapes broken, and deformed bones over a matter of weeks. An amazing amount of calcium is required at this time. If you fail to get that calcium, you will get cramps, like crazy, in the night.

0,05 APATHY – RHYTHMICS – Ability to move slowly – body does not want to go for a walk. You cannot do a systematic program at this level. You can't set a target like ten arm lifts. It is very hard to concentrate on repetitions or effort at this level. SET A TIMER, for an hour, or so. Wiggle, and gently stretch more or less every body part, one at a time. Like the song says, do what ya feel. It is a gentle rhymic dance, but it includes mild yoga. Just wiggle some body part. Just persist at this very random workout until the timer goes off. Short, reach and withdraw motions – Rhythmically reach and withdraw. Blues is one very appropriate rhythm for this exercise. Soon you will be contacting somatics. Reach and withdraw regarding the pain contact point, and erase the engram. Many metabolic somatics will not require engram erasure. Metabolic somatics reduce by reaching and withdrawing, without mental image pictures. Bring all muscles into use at one time or another in this exercise. Make sure that all parts of the body get into motion. The range of motions will gradually increase until the exercise goes into a stretching mode.

STRETCH AND WITHDRAW YOGA

By repeatedly doing a light stretch, one can run a lot of engrams.
REVERSE FLOW - EXTREME LIGHT RHYTHMIC STRETCH.TO ENGRAM RESTIM.
CONTRACTION ENGRAM ERASURES. Contraction is the opposite of stretching. Often, you will manage engram pain erasures by contracting, a muscle to pain, then holding and rubbing the muscle, while the engram runs out.
STRETCH AND TENSE AND HOLD ZONALS –Do a yoga stretch lightly, until you contact the engram facsimile. You may do press, pluck or rub zonals on any stressed area to aid in running those facsimiles. Product of this exercise - permanent flexibility. Beware, much of yoga technology is reverse auditing. Stick to the stretch zonals until you are well up in the OT levels. Good news for television watchers, a lot of stretch zonals can be done in a chair, while watching the boob tube. When your body has had enough stretch zonals, it will want to go out for a walk. You will feel a queasy restless urge to move out of the house, get some space, and use your legs. (A lot of so-called hyperactive kids are that way because they are dying for some exercise.) Now you know how they feel. This process reduces havingness very fast.
REPETITIVE STRETCH, TO ENGRAM CONTACT, THEN CONTRACTION TO ENGRAM CONTACT – When this process works well, you know your body is getting higher toned regarding stretching, and flexibility. You will notice that an engram runs out at the comfortable maximum of a contraction, then the next engram runs out at the comfortable maximum of a stretch of that same muscle. These alternate for quite a while.

The largest muscles in the body have the heaviest engram facsimiles. One will be inclined to not fully erase the engrams

restimulated, by repetitive stretching of the thighs, so be sure to go deeper behind the facsimile, for full erasure, every time.
For example. You can very easily develop painful thigh muscles, the day after repetitive stretching. Then, you can stretch and hold, and run very good incidents, for great results.

ROLLING STRETCH YOGA – APPARENTLY THE HIGHEST ENERGY LEVEL OF HATHA YOGA – Roll rotatable body parts around, and around, in a circle, stretching the joint in all directions. Run what engrams you can, then reverse the direction of the roll.

BODY IN PAWN

The implanter boys on Saturn, and perhaps other places, may have one of your bodies in pawn, laid out in suspended animation. They would do an alien abduction, usually of a young person, and whisk them off to Saturn for a bit of torture, then cause a permanent state of suspended animation, as part of their thought control program. They would put the thetan back on Earth, but could subdue that thetan, and do a bit of voodoo thought control, by working on that body on Saturn.

They get troubled when your intention in session keeps moving that body. The Blow the Gloater process is really bad for that. You keep raising an arm, for example. They might turn their zappers toward that arm and shoulder. The transferred pain might disable body parts right here on Earth. It hurts like hell when you try to move your limbs, after some of those zap treatments. Repeated stretch engram contacts, followed immediately by rub zonals will run out those white crackling lightning zaps. Go ahead, annoy them, by auditing more, and erasing the lightning zaps. You want them to kill your body in pawn. It is a liability to you. They would be in real trouble if their tortures actually killed that body. Later on, we will really handle those guys.

The guys from Saturn have had their supply of victims cut off for several years now, by conflicts in space.

One of the implants, designed to make the attention stick to the body, was a charged brass pole, which pulled the body into it, but the energy near the pole was painful, and contact with the pole itself was even more painful. When the victim tried to run away from the pole, there would be an even more painful field in the surrounding area, driving him back into the vicinity of the pole. The victim would prefer the lesser pain of the pole area. He would be gradually drawn inward. Finally he would go unconscious, and be drawn into full contact with the painful pole.

Later, the body would be anaesthetized, and kept alive for perhaps hundreds of years on a table, in a cubicle.

You may contact a very painful zonal point, which did not hurt last week. It will probably have an entity or two. Blow the entities, then, when the pain still persists, you might encounter an injury recently done, to a body in pawn.

STRETCH, OR CONTRACT, AND TENSE HARDER -

0.375 Propitiation UNSOLICITED PAIN – You have your exercise work cut out for you. Some people think that when they are in pain, they can take a holiday from exercise. When you are in pain, you can now exercise to erase that pain, so there is no excuse for not exercising. There are lots of exercise modes to clear unsolicited pain. Start at tone

0.01 if necessary.

Later on, in this exercise, you work the muscles, on a gradient, at extreme contraction, and at extreme extension

ENGRAM STYLE DEARMOURING – A PROCESS MOSTLY DEVISED BY THE LATE, GREAT, WILHELM REICH
BODY ARMOURING – DEFINITION - Body armouring is actually little somatic minds, created for a specific purpose. It appears to the psychic as soft, black blobs of thought energy generally found just outside the surface of the living body. The blobs vary in size. They are often about the size of a dinner bun. They are just barely palpable to the touch.

These minds are generated by the thetan, or by the genetic entity, to prevent further restimulation of serious engrams which are generally in chronic mild restimulation in, or near the center of the blob. These somatic minds protect tender body areas by restricting movement so that a joint, or a muscle does not assume some tender painful position. They often keep a muscle tense, so that it does not move into some painful position. They can interfere with flow of blood, and nutrients to a body part. Body armouring can and does affect posture, body movements, styles of walking, attitudes, and behaviour. It can prevent the release of sexual energy.

THE BODY DEARMOURING PROCESS

Body armouring can be moved by pulling it very gently away from the body with the fingers. Pull the armouring blob a tiny distance, until the engram appears. Run whatever parts of the engram are available, then tug a little more on the body armouring, and run a little more engram. How much you tug is the gradient of how much engram you restimulate. If you tug a little too hard, you will be unable to confront so much engram material at once, and will lose the pictures. Gradually increase the distance of the tug, as the engrams run out, then, finally you may dispose of that blob entirely, and the somatic will be gone.

A variation on this process is to assist the engram runnning, by doing some zonals in the affected area, while working with the armouring..

0.8 PROPITIATION – TAKE A WALK.
PEACEFUL, STEADY WALKING OR RUNNING – The steady, repetitive walking motions, in a peaceful setting, for some hours at a time, will run out many ningles and engrams. TO CAUSE MOTIVATION – TARGET TIME, OR DESTINATION eventually, both steady walking and steady running will move into 4th Dynamic engrams.

There is jogging, endurance running. And sprinting. Each is a separate mode.

You can run the Wall of Fire by walking in a circle (by actual experience). It is probable that all engram style physical exercises will work themselves up to running NOTS engrams. WALK UNTIL YOU SPONTANEOUSLY BURST INTO A JOG.

0.9 SYMPATHY –EXTENSION OF REPETITIVE MOVEMENT RANGE. FULL RANGE VERY DEEP BREATHING IN AND OUT – This exercise, will begin to run out engrams after several of these breaths. REBIRTHING had a famous deep breathing technique used successfully in the artsy fartsy communities to actually run engrams without any training in Dianetics. At this level, of course, you would run whole track engrams, not just your birth. These engrams will be quite vivid, because you are taking in so much more oxygen, in fact extra oxygen should probably be piped into all auditing rooms to get the air supply similar to what it was a few thousand years ago.
RANGE EXTENSION, AND DEEP BREATHING Example: running on the spot can get pretty mechanical. Lightly extend the range of movement by gradually raising the knees slightly higher. Engrams will probably be contacted, and will run out.

0.94 – NUMBNESS – RUB NINGLES - Start with your gut. You will quickly become aware of how poor the circulation is in the gut area. Massage the ningles out of the bottom end of the sigmoid colon downward, then massage the colon downward again from a little higher up. Continue this way until the entire large intestine has been done. Do the rest of the body, rubbing out the ningles. A favourite place to run rub zonal engrams will be the bathtub. How you explain all those two-hour hot baths to your wife, is up to you. To reverse the flow, rub in the opposite direction. A chart of acupuncture meridians tells which organs you are stimulating when you rub any areas. The direction and the area being rubbed are all very meaningful if you study Oriental medicine and Touch for Health. Do every body part with zonals, including face, and ears, and belly. This exercise bridges over into Press Zonal Engram exercises.

WIGGLE NINGLES – NINGLES NUMBER TWO Be sure to run the ningles out of the gut first. Repeatedly suck in your gut until the ningles vanish. That is a very important area in need of increased circulation. Squats usually produce a lot of ningles because we so seldom do squats. If you are quite sedentary, you might feel ningles in your head when you bend over to tough your toes. Get down on an exercise mat to clear ningles out of your arms and shoulders. Get creative. It is easy to design exercises to get all ningles out of the body. You will spot painful little engram reads. Go ahead and run them during this exercise they will be brief. Do not move into Stretching until you have cleared your entire body

of all available ningles. On the other hand, the body will move into stretch mode on its own, because its tone level is up.

STRETCH AND RUB ZONALS - Contact a tender point by gently stretching. Run the engram by holding the stretch, and rubbing, and gently pressing. Gradually expand your range and repertoire of motions and pressures. The somatics are rheumatic pains.

STRETCH NINGLES – repeatedly stretch to ningle contact until the ningles disappear.
STRETCH AND HOLD ENGRAM PROCESS. – Do just what it says.

0.94 Sympathy – LOOSENING UP PHASE – Circular, spiral, and figure eight motions like those practiced by aikido players. This may come before doing the exercise mode you have in mind, or after, or if it starts to run engrams, then it becomes the actual exercise mode called Loosen Ups (same motions). These motions make a nice dance. They can work any part of the body including the fingers and toes. This is not hard to do but is one of the most effective exercises

MEDIUM SPEED ENGRAM STYLE LOOSEN UPS

An earlier name for these loosen ups was LFRS, which stands for Life Force Rhythms. We modify LFRS to run engrams. They consist of comfortable, easy going calisthenic motions of infinite variations, once again, for all body parts, from fingers and toes on up through legs and back. The patterns are circles, spirals, and figure eights. These motions are done with no jerky stops. People who do loosen ups know that it is not healthy to throw a fist at the air at forty miles per hour, then stop it with a sudden jerk (as some martial artists do). That constitutes a self inflicted engram.

When an engram is flat in one direction, the direction is reversed. LFRS, have produced numerous world champion athletes. The exercise is very much like a dance. LFRS are truly superior exercise for improving lymphatic circulation. They improve reflex speed phenomenally.

If an LFR engram restimulates by moving in one direction, then, it will probably run out engrams by movement in the opposite direction.
0.8 LFR NINGLES

If you feel free of LFR engrams, speed up your LFRs you will get ningles. Run some LFR ningle engrams..

0.96 Terror BEGINNER MOUNTAIN CLIMBERS OFTEN GET TERROR MUSCLES – LARGE TREMORS – AT THE WRONG TIME Persist in holding a tremor which occurs when you work muscles you seldom use, The muscle tremors run out if you continue stressing and working the muscle for half a minute or so. The tremored muscle is simply not used to working. It would also probably have a terrific magnesium deficiency.

0.98 Despair After terror comes Tai Chi. by test.
SLOW AND FAST TAI CHI – You may restimulate and run facsimiles by starting slow, and gradually speeding up, by starting fairly fast, and gradually slowing down.
REVERSE FLOW Flows might be balanced by alternating fast and slow processes. Forms do not matter. You can do the Tai Chi of eating with a fork, or calligraphy. The case gain is what counts.

The technique of some weight lifters is to stress a muscle at extreme extension, and at extreme contraction, not just in its normal full operating range. Bend a wrist inward to its fullest position, then place the other hand on the back of that wrist for resistance, then work to straighten the bent wrist against the resistance, very slowly, so that you can audit the facsimiles.

One principle of Tai chi is the stag horn type of curve. The stag horn curve is the position at which it is easiest to maintain joint ridgidity. Joints are engineered that way. When a Tai Chi artist's arms and legs are in stag horn curves, they are very solid, and become effective weapons, as well as very strong work tools. These curves can be applied in a near infinite number of positions. They can be audited up, and trained up, to express OT intention.
DESPAIR – STATIC EFFORT TRAINING – Tug or push against solid immovable objects. Despair engrams run out.

1.0 FEAR – When, for example, you are not logically scared, but some somatic is scaring the body. Assess for whatever makes the body flinch. Spot the flinch somatic, and erase it.
ACCLIMATIZATION – A lot of people do not get out to exercise because of subliminal fear. (Assuming that Subconscious Level process is flat.) The body balks. It feels scared. Get used to cold and heat on a gradient. Californian bodies fear dry heat. Canadian bodies feel the genetic fear of icy cold. Same rules. Run this exercise with a timer if necessary. Bodies are often afraid of wind gusts; especially chilly ones, cold water dips, travelling in some areas like rocky places, steep places, noisy places.
Typical processes: Repeatedly partially or fully remove your coat on a cold day. Repeatedly walk into and back out of a noisy area. Run the fear engrams.

Most people override mild fears, or key them out. Better to erase the fear engrams. A lot of those fear engrams will turn out to be yours, not the body's.

1.1 Covert Hostility
BALKING AT LIFTING AND LOWERING WEIGHTS (even light weights)

Get up to the position where the balk takes effect but continue to hold the intention to work the weight. You will notice a chakra working.

Allow for the comm lag. When it is ready, the body suddenly, spontaneously obeys your will, until the next balk needs handling.

1.2 Hatred – brief bursts of high energy – Starting out with RHYTHMICS – Gentle pulsations. Later, move with PIZZAZZ – HIGH EFFORT FOR BRIEF PERIODS – PULSED DYNAMIC TENSION DYNAMIC TENSION – Charles Atlas, "The world's most perfectly developed man" said that every muscle has an antagonist muscle. His workout was to tense a muscle and work it against its antagonist. That way, you worked two muscles at one time. The Muscles tremble at first. When you have run out enough trembles and enough engram pain, the muscle will suddenly work like crazy, and love it.

1.3 RESENTMENT – HIGHER TONED NINGLES – EFFORT NINGLES – Efforts which your body just resents doing. Muscles going into protest at being aroused from sleep. Search for very unusual positions to get unused muscles into action. Work muscles at highly extended positions..Duck walking is an example of a type of effort one seldom does, and that usually brings on ningles in the thighs. Example: Pilates Take very unusual body positions and stances, to assess for ningles in muscles, which are almost never used. CLEARING CERTAIN BODY POSITIONS – such as lying, supported with the feet by an exercise ball, and shoulders on floor. It is easy to conceive a system of calisthenics moves to clear in a given position. Gently activate those muscles. Pilates, more active forms of Yoga. Slant table, calisthenics. Pump the ningly muscle until the numbness disappears. – Ningles may feel like you are pushing through an energized slightly queasy cloud, or like drug mass, or like the sensation you get from beginning to work muscles you never use. Ningles are a general word for the genetic entity bringing chemical and sub cellular materials into a state of good order with the help of the thetan. You work through ningles. The chaos blows off. Run any pain facsimiles. Continue comfortably pumping at a given movement until it is clean of all ningles.

1.5 Anger – HARDENING – Martial arts drills for breaking boards and stuff like that.
Hardening is done on a very gentle gradient.

It is very dangerous to approach a knight just after battle, because with all his entities activated, and aligned, the anger of battle is all over him. Something dreadful may happen, even to his ladylove. Just leave him for five or ten minutes to cool off.

CHAR – is ningles which you feel saturating muscles which have done a lot of hard reps. The CHAR NINGLES EXERCISE (Ningles number four) is lightly pumping a char saturated muscle until it goes clear of that discomfort. You can get char ningles from lifting weights, or from tension. Some people get stiffness in the back, or other body parts from

light work, like typing. While you run out the ningles, rub the painful area, and run out the engram which caused the stiffness.

2.2?
2.3 MONOTONY – RHYTHMICS – COORDINATION DRILLS This is like being your own drummer. Using body parts to keep a repetitive rhythm, either by tapping in different ways, or dancing, can restimulate engrams. You can key out the engrams by this repetition but do not do that, because you can erase them, and that is much better.

Use a metronome, and one of those electronic drummers with a hundred fifty rhythms. Speed up the rhythm on a gradient Make your own rhythms too.

2.5 BOREDOM - JOGGING,AND SIMILAR EXERCISES

Very gradually speed up your jogging until a read appears. Erase the engram, then restimulate your next engram in the same way. After many hours, you can run quite fast, while remaining engram free.

2.3 BOREDOM – LFRS (CIRCLES SPIRALS, AND FIGURE EIGHTS) DONE ON A GRADIENT OF INCREASING SPEED, WITH NO SUDDEN STOPS, AND NO IMPACTS. Do all body parts. Some engrams erase in one direction, other engrams erase in the reverse direction.

This exercise can be worked up to quite a high level of ability. A Roman soldier would not graduate from basic training, so long as you could see his sword, during sword drills. If he ever moved his sword slowly enough to be seen, he would certainly die in battle.

I always thought that Bruce Lee was moving far too slowly in all his martial arts movies. I later learned that he was told to slow down. The camera was not fast enough to record his real battle motions. At this level, your eyes are nearly useless. You must intuitively know where the blows are coming. You may not be able to see the hands and feet, but you can always see the shoulders, and hips moving.

3.0
STAMINA – Highball enduring effort such as in manual labour. – same rules.
RUNNING, AND ENDURANCE RUNNING
THERE ARE MANY MODES OF SWIMMING WHICH CAN ALL BE USED TO RUN ENGRAMS

3.3 FRISKINESS – Young Colts respond to a metabolic need for vigorous exercise by jumping around. You know your body is tone 3.3 when you feel that joyful urge to jump around and do something. When that happens, get vigorous for a while.
PLIOMETRICS AND PIZAZZ

3.3 SPRINTING – Sprint until a read appears, then let yourself slow down, while erasing the engram, then sprint again to get the next read.
REVERSE FLOW FOR VERY HIGH ENERGY WORKOUTS -COOL DOWN, OR HOT WALKING – A FORM OF NINGLES EXERCISE
Race horses should never be taken directly to stable after a run. A hot walker is a guy who walks for a mile or so, holding the horse by the reins to cool him down. If hot walking is not done, the horse stiffens up. If your body has had a lot of exertion, always do some hot walking with it. There are a lot of metabolic waste products, and toxic substances, which need to be circulated to liver, and kidneys, etc after heavy workouts. Drink lots of purified water too, (but not chilled, or with ice because that seriously damages the digestive tract i.e. results in bad digestion).

INTERVAL TRAINING – This is high-energy activity, like sprinting or rapid weight work, or hard repetitive calisthenics. You work hard with hard fast, reps, until you restimulate an engram, or contact char, (chakra work wants to take over because some muscle is stiffening up). Then you slow right down, and idle along easily, until both any restimulated engram is scanned out, and the chakra has cleared away the char. Then you return to your sprinting, or fast exercise.

WEIGHT LIFTING AND MUSCLE BUILDING – You can pump up a muscle until you contact ningles, then, pump with no weight until the ningles disappear. You can do this over and over again, each time working a little more. You can work a muscle on a gently increasing gradient until you lightly contact a facsimile to erase. You can keep gradually working harder and harder, erasing as you go, until the muscle suddenly gets frisky and works very hard for you, expanding the border of its limits.

You will notice, when working with weights, that some engrams restimulate, only on muscular contraction, and some restimulate only during muscle extension, when the weight is being lowered.

4.0 ENTHUSIASM - ABILITY EXPANSION – extreme expression of will, and expansion of ability range. A body part at tone 4.0, with all engrams erased for a given action, loves to strain to its maximum.

This does not occur when you choose. It occurs when the body chooses. When you have erased enough engrams, or have done enough runouts, the body rises to tone 4.0 regarding that particular exercise. Play along with the body. If you are lifting weights, go ahead, and lift a lot heavier right up to your new limits. If you are running, run a lot faster right up to your new limits. You will make the body happy. At this level you can strain all you want for a brief while with nothing but good results. Suppression of the ability expansion impulse, will generally result in a training injury, so do not throttle back. Just go for it.

4.0 THE BURN

The burn, when induced by exercising at optimum gradient is a very high level, high speed metabolic improvement activity. One can often see change in appearance after just one session of burn.

When some body part is at tone 4.0, it is common to go into a state which is called "the burn." The burn is a high tone ability expansion phase for many types of exercise. It feels like the body is burning but in a pleasurable way. To push a body part into the burn phase, before it is ready, will result in much pain and stiffness. Work correctly, and patiently until the body shifts itself into the burn phase for best results. Bodies, which have done a lot of burn tend to look very lean, sinewy and veiney. That may be from nutritional deficiency, or it may be the natural look of a very tough body. Surprisingly, the toughest, leanest man I ever saw, had almost no visible veins.

4.0 GET RHYTHM – MAKING REPETITION WITH LOTS OF REACH, AND LOTS OF SPACE WITH YOUR MOVES RUN THE ENGRAMS – JAZZ BALLET MOVES, GYMNASTIC DANCING EXERCISES – These are typical high-toned exercise. COSSACK DANCING is for tone 4.0 bodies. This gets to be too much fun to keep in session. Grab a partner now, and then, and celebrate your life.

6.0 TAI CHI – By gradually slowing down your movements, you will encounter engram facsimiles to run. By gradually speeding up your movements, you will encounter engram facsimiles to run. Whenever the entities act up, you have the option of running them, or doing a sudden explosive movement to quiet them down. Forms are not very important. How you use your mind when you move is very important.

With Tai Chi, you can run engrams for many months, and gradually gain the ability to express OT intention with the body.

As a martial art, Tai Chi has some interesting principles. Some martial arts depend on taking a strong position so as to deliver a beautifully formed blow, using the entire body. The Tai Chi practitioner uses the entire body, too, but he does not need to get into a strong position. In Tai Chi practise, one is in strong position at all times, and in perfect balance at all times. Perfect balance is a state whereby one may cease motion at any time, and not fall over.

There are curved positions for the limbs, which are for optimum force application. The Tai Chi practitioner should almost always have legs, arms, and feet in curved positions. A scorpion's tail is curved in such a manner. The curve of a ballerina's arm, is deceptively graceful, but potentially very ridgid, and able to deliver a lot of force. When a curve of aligned body parts goes from the toes up through leg, torso, shoulder, and arm, to a finger tip, then that finger tip can deliver a surprising amount of force.

The entire point is that one moves so that one is capable of delivering terrific force in any direction with out having to first seek a strong position, and then begin a movement from that position. That way, Tai Chi movements have no meaning because an arm motion could be a

block, or a shove, or a breaking blow, or a catching motion. The use of that motion will be determined in actual combat, and since the majority of body parts can become striking surfaces, it is possible to fight with terrific economy of motion. Moves may be only an inch, or a few inches. On the other hand, they may also be deep sweeps, and still equally strong at all points of their motion.

In most martial arts, strong positions are so finicky, and precise about the direction of their forces, it is easy to throw them off by staying a little back, or moving into positions just out of optimum alignment.

We are not training anyone for combat here. These drills are to enable one to work more effectively on the job, and at play. As you gradually get into shape, and master your own thoughts, it will become less and less likely that you will ever use such skills, outside of normal work and play, probably not even in self-defence.

EYE EXERCISES

Eye exercises are famous for improving vision. They produce great results as engram processes. Take herbal eyebright combinations and vitamins A and D when doing eye exercises, they will help these exercises a lot.

A hundred ten volt electric alarm clock near the bed will eventually seriously harm vision. Eye exercises will often run out a steady hum. That hum will be recognized as the sound and the electronic pollution of the electric motor in the alarm clock. Never sleep near an electric motor, nor an operating electronic device, like a clock radio, nor a fan, nor a refrigerator.

HEALING OTHERS WITH A TOUCH - REFLEXOLOGY ENGRAM ASSIST

This may be one of the healing techniques used by Jesus. In Europe, in the last few centuries, it was called Sorting. It has other names. Surprisingly, it is done by non-Scios. It is not known to Scios. One would expect that Scios would be better at Sorting, than anyone else. If you can see other peoples' pictures, you can do it. It often produces temporary gains when the healed person does not see the pictures. (The person you heal will often mock up the engrams again.) It produces permanent gain when the person you heal sees the pictures while you do. The best patients are those who have had a little R3R, and know what to expect. It can be done after an injury or operation, or it may be done as a general health booster. Even very healthy people have items to run by this process.

Feel either the patient's injured area, or pressure points for pain contact, depending on your healing target. Stop and hold the first pain contact. Describe the facsimiles of the injury, which appear and start to run out like a movie. You will see many body phenomena. Ask, in a questioning mode, about every reaction you see in the subject's body. Do not describe what you see in a direct statement, or you will be evaluating,

and that means you are breaking the auditor's code, and will lose. This process is dangerously evaluative at best. The person must scan along with you, and both of you should describe the incident together as it runs out. You, the auditor must not make direct statements of evaluation, but must ask about each thing he sees. Might it be this? Might it be that? You will both feel the pain. Move on to the next pain contact point, and the next, erasing pain as you go.

One lady had a very painful distorted spine all her life. The author kept encountering facsimiles of her being hit by an old steam locomotive. After about two hours of questioning, the lady suddenly said, "I see the train." At that point, the spine straightened out instantly. She has been well ever since.

NEW HORIZONS

You may discover other exercise modes. There are enough examples here to figure out how to run any of them.

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REFLEXOLOGY AND SHIATZU ENGRAM ERASING MASSAGE ASSIST

Get the reflexologists's agreement to stop and hold the pressure on a point when you say "Hold", and continue when you say "Continue". Have the reflexologist do a whole body treatment. Call "Hold" whenever pressure at a point turns on a facsimile. Erase the engram facsimile, and run Hav by mocking the facsimile up again several times and shoving it into the body. This whole action may take less than half a minute. Call "Continue" so that she will continue until the next facsimile appears. This is very fast and effective healing.

THE USE IT OR LOSE IT STATISTIC - A MAINTENANCE PROGRAM

When one has freed the body of engrams, one must continue certain activities to maintain the bodily metabolic functions at tone 4.0. One must do a daily, or twice daily sweep of exercise modes starting from the bottom of the tone scale, and checking along the way, all the way up to tone 4.0. Few, or no engrams would be run. This activity would be easy to do, and can be made quite entertaining. Professional athletes, of course, would not only do daily metabolic sweeps, but also develop new genetic potentials by extensive spiritual genetic management, which is not within the scope of this book. The program would vary from day to day. Gymnastics one day swimming, the next, running, the next, and so on.

FITNESS THE EASY WAY

About ninety nine percent of people, who live in North America, are addicted, to sugar, white flour products and caffeine. Those who are free of sugar addiction, are often addicted to whiskey. Workmen who were addicted to whiskey alone, were generally three times tougher than the average person. They could typically smoke two packs a day, and still take on four to six opponents at one time, in a brawl. They had excellent

muscles and were very dynamic people. They had amazing stamina. They did not flinch from arctic wind or freezing waters. Some could sleep in the snow, if it was not very cold at night, without a blanket, only a t-shirt. They would recover from multiple bullet wounds, kicks, and knife wounds with ease. Those, who were not addicted, to either sugar, whiskey, or tobacco, were not only tough, they had more attractive, smooth looking muscles and skin.

They did not build themselves up for years in the gym. They did not have fitness programs. Their muscles were like rocks. Even their bones were obviously thicker than usual. They liked working manually as gardeners, mechanics, or carpenters, etc. Manual workers are generally not very tough. The only difference between the tough guys, and other manual workers was diet. All those tough guys loved their barbecued meat, (preferably wild meat) and their vegetables, and would eat almost nothing else.

If you wish to do a fitness program, you can double your gains by learning basic diet from the tough guys.

CHAKRAS, FITNESS, AND ASTROLOGY THEORY, (APART FROM AUDITING, AND APART FROM BODY TONE LEVEL)

Since the twelve main body chakras harmonize with the twelve signs of the zodiac and the twelve sectors of the twenty-four hour day, different exercises should be more effective at certain times of the day, and during certain astological configurations. I have not charted this relationship, but I do know that the body gets the urge to do different exercises, at different times, and does not care to do them at others. It seems that, for a fitness maintenance program, a Scio should assess for the exercise, which the body is most willing to do. Just make a list of exercise modes, and asses the list before each workout. If the body likes most to run, for that session, fine, do nothing but running. If the body wants only to stretch for that session, then do stretching. We are dealing with overall total fitness here, not auditing, necessarily. You will probably cycle through every exercise mode in a few weeks, or even, perhaps, every twenty four hours. The body's favourite exercise mode may change, after only a few minutes. Once again, this assessment is concerned with fitness, not with auditing. When you are auditing a chakra, you plow right on through, and get it done.

Maybe auditing should pay more attention to astrology. That needs testing.

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THE COLOUR ROOM – FOR HEALING, AND FOR MULTIPLYING THE EFFECTS OF EXERCISE.

Stanley Burroughs' book, Healing for the Age of enlightenment contains most of the information you will need to do this therapy. You can also get charts, which relate chakras to colours, and to gemstones, etc.

Sunlight, for colour therapy, is much more powerful than an ordinary electric spotlight. On gloomy days, you might want to use the spotlight. You need a window which gets lots of sunlight.and coloured

glass panels about two feet square, one panel per each of the twelve colours.of the colour wheel. Those gels, which they use for theatrical lighting are excellent for this work, but they fade after a while. If you find the price of glass to be a strain on the budget, one foot square panels will make do. Each colour should correspond to one of the twelve chakras. You cover the window with an opaque wooden panel. In the opaque wooden panel, have a rectangular opening, the size and shape of the glass colour panels. Around the opening, make a frame, into which you can insert the colour panel of your choice. When you use colour panels, shut off all other lights in the room.

You can further assist this activity with a tone generator, which produces the musical note, which corresponds to the colour you are using.

You can treat your drinking water, by leaving it in the light of a colour panel for a day. Water carries the power of the coloured light, very well.

Suppose you are doing stretching. Okay, manganese is the flexibility mineral. you look up manganese in Stanley Burroughs' book, and that will give you the colour of light, and the musical note, which correspond to manganese. Take take some manganese supplements, and some flexibility herbs. Set your tone generator to the corresponding note, then do your stretching workout, or stretch auditing in the in the appropriate coloured light.

The Purification Rundown would be greatly assisted by strong coloured light in the sauna, probably, a lot of lemon yellow, and at brief times, its complementary colours.

THE BIOLOGICAL LIABILITY OF CIVILIZATION

We pay a terrible price for soft beds, central heating, warm clothing, sweets, refined food, fast food, automobiles, and all the rest of these so-called good things. Every single comfort of civilization is a path to physical decline, physical weakness, tiredness, bad digestion, shapeless bodies, sexual sterility, senile minds, genetic deterioration, susceptibility to disease, and so on for a long list.

A healthy civilization would employ all the technology, and the nutritional benefits of fresh food, vitamins, and minerals, etc, and none of the comforts. Benches, pillows and beds would be hard. Heating, and air conditioning would be off. Clothing would be only the essentials. Mosquitos would be ignored. Sleeping places would change often. Most travel would be by foot. This is a research, and redesign project, which should be done, and made available to those highly civilized folk, who want good bodies, and care nothing for luxuries.

THE REVERSAL OF AGING

After the age of 110, or so, on the average, the body must definitely decline, sicken and die. We can probably reverse aging up until about that time. It should be possible to stay in one's prime, for about ninety years, on the average.

We would need to do a super purification rundown, every ten years or so. All toxins, all scar tissue, and all deteriorated fats and

proteins, would need to be removed by massage, sauna, the entire range of exercises, and other purifying energies.. Then the body would need to be rebuilt with the best possible nutrition, and further systematic exercises for every body chakra. This would best be done, by those, who had no engrams left, on the subject of body control, by the thetan.

When we get to the point where we can regrow teeth, hair, and missing fingers, the rest should be easy.

CHAKRA 4 VECTOR LEVEL

AUDITING OF CHARGED POLARITIES, FREEDOM FROM SOCIAL MANIPULATIONS

WHEN YOU ARE FREE OF CHARGE ON THIS LEVEL, YOU WILL BE FAR SUPERIOR TO MOST BEINGS IN MATTERS OF THETA COMMUNICATION, AND SOCIAL CONTROL.

VECTOR – DEFINITION – A force in a direction. It may be either an affinity, or a repulsion, or a inflow, or outflo, or neutral, having inertia, or neutral inertia-less.

COMMAND INTENTION – DEFINITION – An expression of a postulate originating from a theta being, from his theta universe. There is a scale of expressions of command intention, which includes 8-C, verbal commands, and other levels of direct theta control.

CONSIDERATION – DEFINITION – A CURRENT VIEWPOINT, PLUS A POSTULATE, REGARDING VECTORS, FLOWS, OR TERMINALS

Considerations are highly manipulative theta electronic control factors, which can either be fun or terrific oppression.

Knowledge, and control of the rules of considerations can be a matter of life or death, happiness or sorrow, love or hate, war, and peace, and so on and on.

Considerations are not morally nor intellectually logical. They are electronically very logical.

A FLOW – IS A TERMINAL IN MOTION, OR COMMUNICATION IN MOTION.

If a terminal moves, it can be considered a flow. If you move in relation to a terminal, then that terminal may also be considered a flow.

When a flow, opposes another flow, it becomes a ridge, which is, thereby, a terminal. When flows move away from each other, that becomes a dispersal, which is thereby a terminal. When you know where a flow is from, or where it is going, then it is a vector. When a flow arrives, it can become a ridge, and therefore, a terminal again.

ROUTINE (A SCHTICK) – an act, to be done over and over again. A schtick, is planned, and rehearsed. It works best the first time, because it is only new once. Schticks have the liability of becoming automatic, and of wearing out. They can sometimes be a familiarity, and a comfort, like an old song. (No, I am not Jewish. The term expresses the concept.) Some schticks are so wonderful that they become classics, which are redone for hundreds of years. Everyone needs to balance both spontaneity, and schtick, hopefully to some optimum mix. Here is where the creative individual excels, and the non-creative individual copies, and steals ideas.

JOKE – DEFINITION – a surprise change in consideration, which can be rejected.

LAUGHTER – DEFINITION – a soft repetitive outflow of air to help push away a rejected consideration.

A spontaneity becomes a schtick when it gets repeated, even once, on the other hand, a schtick can be drilled up to a high perfection and a celestial excellence. When you develop, and use a high quality schtick, you must constantly seek a new audience. When you do a highly spontaneous, creative, successful show, then you will want to have made a recording of it, for anyone who missed the show, because, you will hate, just hate to repeat the show, if you are highly creative.

Robotic repetition, and robotic TRs do not work, because they are fixated considerations. Jokes are stale the second time they are told because by then, they are fixated considerations. A safe gradient of exploration and variety are how you stay full of life.

If you give someone a playful squirt with a water pistol, and there is no response, do not squirt again in the same way, and do not challenge in the same words. Each new consideration should be different, even though it has the same goal, to agitate a response out of someone. That way it builds, and builds the vector.

DEFINITION OF A COOL GUY – A guy, below tone 2.0 who maintains a highly aesthetic lifestyle, and lives by manipulating vector TRs, the fun triangle, and selfish ethics.

The cool guy expresses himself with surprisingly weak intention. He gives way very quickly when confronted with strong intention, perhaps from an angry person or one at conservatism, or above. He seeks associates who can be manipulated by his methods, and he degrades them.

He gathers his associates, and dodges away, with them, from the eyes of responsible beings, so that he can carry on his manipulations more freely.

Beings at tone 8.0, or higher, can understand the cool guy, and are untroubled by his manipulations.

THE OPERATING METHODS OF A COOL GUY

A cool guy gets everything he wants by reverse vector, and operates on vector reversal himself, so, it seems he must really have a handle on life, and popularity. That is how considerations work. Daredevils, and criminals do very negative things, which, when resisted, appear very positive. They make a big racket, cultivate bad manners and bad comm cycle, never thank anybody, and so on. It works for them, but those cool dudes are digging a very deep pit for themselves. A lot of those goofy drugged up bums, and winos in the drop in centres used to be super cool guys, and criminal geniuses, only a few lifetimes ago. Their dichotomies beef up until they can no longer operate at that game.

A GUY WHO JUST DOESN'T GET IT – A NERD – DEFINITION - A guy who puts out a bunch of positive considerations, still not realizing that he will be mentally attacked every time he does so. A bunch of positive considerations from a theta being are perfect degrado food, because the degrado does not need to think, just disagree with every idea. scorn it, and knock it down. The degrado knows that the nerd could be a creative genius, and a very kind hearted individual, but hates the nerd for it. Degrado girls at parties watch positive individuals being chewed up, and they snicker. A nerd who masters dichotomies, and vectors can become very successful in life.

DEGRADATION – ANOTHER DEFINITION – The spiritual condition of having taken on the valence of mest, desiring to serve on a reverse org board, and covertly worshipping suppression.

A theta being on his planet has lost so often that he thinks he is very degraded, but he is actually a hero because he still maintains the viewpoint of theta, and has not given over his spirituality.

SEDUCTION – DEFINITION – reach and withdraw, considerations, and actions, which initiate the considerations of arousal and love in a sexual partner.

To arouse a woman, in heightening stages. The postulated target is to make a woman reach. One must do a light erotic action, then a slight withdrawal, and hold the position, then another totally different erotic action, different slight withdrawal, different Q and A, holding the position, and so on. One should always do seduction differently, and creatively, so that it never gets stale, or else, alas, one must constantly seek new partners. Love responds best to 50% brand new considerations,

not so well to new partners. Uncreative couples break up, or get divorced. Creative Processing, and Randomity processing would probably be the greatest marriage saving processes you ever heard of. Don't forget that you can do CP on some totally disrelated subject, and then spontaneous creativity appears easily in every other subject.

KUNDALINI – is the body chakra, also called the root chakra, which operates at the level of considerations.

THE DOLOROUS STATE OF MIND (below 2.0 on the tone scale)

The ancient Greeks used a crude tone scale to classify personalities: Sanguinary was tone 4.0. Phlegmatic was tone 3.0. Melancholy was tone 2.5 Dolorous was below tone 2.0.

Whatever seems to be your will, shall be opposed, by the dolorous personality. Since the dolorous mind state is generally one of weakness, and the desire to be effect, it gives in, briefly, and sluggishly to strong theta command intention. When a big being leads, and commands a group of such beings, he knows immediately that covert sub groups are forming to conspire against him, and gathering conspirators to topple him. For that reason, being a natural leader, the farmer, Cincinnatus, absolutely refused to command the armies of Rome, unless enemy forces were swarming over the border, and only when the terrified Romans were pleading with him to save the nation. A truly big being, who tries to hold some famous command position, will quickly have mobs and armies of conspirators forming up against him, unless he is smart with vectors, that is.

Those in the dolorous mind state will not support theta leaders, but will strongly support a mad dictator who threatens, and abuses them, and falsely promises them world mastery, and prosperity, with a plentiful supply of slaves and victims.

Beings in dolor are simply unable to think for themselves. The one worlders demand that the planet be toxified with pesticides, and mercury, and that the media and education system be filled with threats, and degradation, because they desire that the masses be degraded into that dolorous state, which is so easily manipulated by vectors. Theta beings hate to use vector propaganda because it is bluntly dishonest, but they had better understand it. The media today carries nothing but vector propaganda.

Roughly paraphrasing LRH, when a being deteriorates below 2.0, he goes reverse vector rejecting pro survival things, hoping that will speed his death.

We know that when such a being communicates, with all those reversed vectors, society will automatically provide him, with an affluence of all kinds of pro-survival things and services, without his even trying.

When you are entitled to a return help flow from others, you should go right ahead, working vectors, in a sensible way, and allow yourself to have your return help flows.

Ivan Petrovich Pavlov pointed out that the dolorous dogs were all physically weak, and easily conditioned (programmed).

Above tone 2.0, like attracts like. Birds of a feather flock together. Opposites repel. That's straight talk, Auditor TRs, and theta power.

Below tone 2.0, opposites attract. Positive repels positive. Negative repels negative. Thats jive talk, and that's double talk. That is the power of MEST, and the attraction of sensation. To put yourself at willing effect, and covert cause, use Jive talk. It can be considered love talk. It is often criminal talk. It is used to press the buttons that have to do with sexual attraction, and a sense of play. It is also the Taming of the Shrew.

Master both communication styles by auditing, and training, so that you can talk freely, and effectively to anyone.

THE DOLOROUS MATING GAME

contempt – admiration
rejection – attraction
hate – love
treachery – friendship
despair – hope
helplessness – power

At tone 3.0, a contemptible act, or a declaration of contempt are the permanent end of an association or friendship. Below tone 2.0, the cool guy does one mildly contemptible thing after another, knowing that it will invert into admiration. He takes contempt, and rejection as a welcoming sign, and moves close in.

The cool couple also exchange contempt, knowing that it will invert into compulsive admiration. They exchange hatred, knowing that it will invert into compulsive love. They reject each other from the beginning of their association, knowing that it will turn into real, although compulsive, attraction. When they are together, at least one of the pair must maintain a continuing false, or genuine attitude of contempt, hatred, rejection and treachery, to prevent that relationship from falling apart.

INTERNATIONAL DECLINE IN TONE LEVEL

During the l950's, the common tone level was about 3.0. Sales technology at that time was simply to raise someone to tone 4.0 about a subject, and they would buy. In those days, Vector Management was scoffed at. After the beginning of the 21st Century, Earth societies generally averaged about 0.9 on the tone scale. Vectors now have nearly universal power. The high-toned theta being may be baffled by vectors, and schticks because he never practices them, thinking they are unethical, or sleazy at best. At about tone 22.0, consideration vector TRs come into plentiful use again, because a group, which is immune to vectors will often consider them an amusing game. Criminal groups practise Vector TRs all day long, because down at their tone levels, vectors are the only thing that work. Vector TRs are neither ethical, nor unethical. It is what you do with such tools, that counts.

HOW TO SURVIVE IN THE ARMY

There is intense cruelty during a military recruit term, and a further degree of unjust cruelty all through a military career. The officers leave certain soldiers alone, but they absolutely brutalize a few high theta individuals, within an inch of their lives.

We know that NCOs are insane bullies, who are protected by military, and civil law, from the retribution, which they justly deserve. "Why do I always get picked on?" says the decent chap. The trick is to know the mechanisms on which these psychopathic junior officers operate, and to be better at it than they are. If you are a creative individual, (an ideal target, in other words), you already have the vector tools to totally buffalo these goombahs, and live a free happy life, even in the armed forces. Just baffle their weak little minds, but remember, you always need fresh material, or you will be crushed. If the sergeant screams, "You have a speck of lint on your uniform!" you might throw him off, by saying "I think I should kill myself, sir." So you got away with it that time. You had better have a new line next time, or you will be scrubbing trash cans.

UNPREDICTABILITY

DIRECT THETA POSTULATES, AND COMMAND INTENTION OVERRIDE VECTORS, AND CONSIDERATIONS, ONLY SO LONG AS THEY ARE TOTALLY NEW, AND UNPREDICTABLE, SO THAT THEY KEEP THE BANK OFF BALANCE. INTENDING RANDOMITY KEEPS YOU IN PRESENT TIME.

If a magick ritual works once, it will not work the second time, if done exactly the same way. The spells in witchcraft books must be followed in principle, but never in form. That is why witches often fail. Keep up your Fun Triangle creative processing, and randomity processing, so that you have the theta power to constantly create new material.

Run every dichotomy, which turns up charged, so you do not key in, and stick with some consideration.

SOME INTERACTIONS OF CONSIDERATIONS

If you repeat a consideration, it causes no mest effect.
To get what you want, pretend to not want it, and repeatedly, lightly pretend to desire for the opposite, in new ways each time.
If you remain neutral, you are considered mest, and are neither attractive, nor repulsive.
If you remain neutral, and oblivious, you will be moved hither, and yon by the whims of others.
If you remain neutral as a theta being, other theta beings will wait until you originate.
If you as-is every vector, you will not be affected.

If you put out causative theta intention, you will be opposed by mest, but duplicated by theta.
If you repeatedly put out a varied outflow, or rejection, you will provoke an outflow from another, intended to make you inflow.
If you put out an intention, with a falling tone level, it will be accepted.
If you put out an intention, with a rising tone level, it will be scorned.
If you fight a vector, all will go down tone.
If you chase a motion, it will flee.
If you flee from a motion, it will chase you.
If you push someone out of your way, they will try to get back into your way.
If you repeatedly, variedly lightly reject what you desire, you will get it.
If you repeatedly, variedly approve of what you do not desire, you will not be forced to have it.
If you repeatedly, variedly pull in on something you do not want, it will be withdrawn from you.
If you repeatedly push away something, which you do not want, it will be enforced upon you.
If you put out tractor beams onto something, it will be taken away from you.
If you put out pressor beams at something, it will approach you.
If you reach slightly toward someone, and, when noticed, flinch away, strongly, you will be chased.

The auto repair industry operates on a mainly criminal basis. Some people get dinged, sabotaged, and defrauded every time they come in for auto repairs. Others assume a correct vector attitude, and the auto repair folks would never dream of doing anything but the best work, and never replace a part unnecessarily.

Bankers are trained to be opportunistic criminals. They currently have a large bag of costly tricks, and unnecessary charges, which they can do on uninformed loan applicants. Your vector control should be strong enough, so that a banker treats you with the greatest respect, and honesty, and probably saves you several thousand dollars.

A scientology registrar drills up on the techniques of being a pest, who won't leave a prospective client alone. You should be able to make him run away, when you enter the building, and give him nightmares if he ever thinks of communicating to you against your wishes.

There are Army Sergeant vectors, Flirting vectors, Undertaker vectors, Magistrate vectors, Diplomat vectors, Academy Awards vectors, and on and on, and they do not look like auditor TRs at all. WHEN YOU RELEASE ON ALL DICHOTOMIES,YOU SHOULD BE ABLE TO MASTER, AND CONTROL ALL KINDS OF VECTORS.

At the Olympic games, there are button-trading tents. The game is to trade or buy buttons, hoping to get the complete collection of one hundred fifty or so Olympic buttons. The sharks, in these tents, have vectors, which convince other people that their buttons are worthless, while the shark's buttons are all of priceless value. These sharks make a great living with their vectors. Used car salesmen play a similar game.

High society party vectors are oooh so polite, but if you interact with these people, they can and will make you feel like an absolute dog in an instant, while speaking soo nicely to you, and you aren't allowed to hit them. To protect yourself, you need to master their vectors.

The vectors of a Private talking to a swaggering Regimental Sergeant Major, must be very correctly tailored, because such a man hands out a day of latrine duty, on aberrated whims as light as air, but he does it on very exact mechanisms. Don't think that honest, sensible statements will ever help you to escape latrine duty.

You should, be able to get into, and out of, a poker game, with ease. Suppose you want to leave with your winnings, or get out before you lose your shirt.

A vector reversal conversation simply does not make sense, unless you figure out the mind game, then it makes total sense, and it is all stupid simple.

Social interaction is one of life's great mysteries. Thousands of books are written about it. Today; it is mostly specialized Vector TRs, also called Vector Management. This article takes an introductory step toward a complete training, and auditing package regarding the subject.

The greatest salesmen, the greatest Casanovas, the greatest comedians, these guys typically have an IQ of about 110. They must not be using intelligence. They are using Vector Management. That is the Gift of Gab. That is the Blarney. That is the Bullshit Baffles Brains factor. These people cannot control many of their dichotomies, so they must stick with their specialty areas in order to stay successful. A Scio, free from dichotomies should be able to operate vectors competently, and safely in any area.

THE SPIRIT OF PLAY

LRH praised The Spirit of Play. Well, here it is.

The court of King Arthur was only partly right when they answered the question, "What does woman want?" They said, " She wants her way." but they never finished the research, or witheld the rest of the knowledge. How does woman want to get her way? Subtly is how, because the interaction between men and women is often the effect game of desiring sensation, and that means vectors by the truckload. The woman, by her nature does not wish to initiate interaction. She likes to attract the action to herself. A man should be able to find, attract, and have a woman, with a high level of competence. There is a cycle of action here. A man's service is to repeatedly draw attention by bravado stunts, repeatedly, lightly reject the woman with minor rebuke, and non-meaningful insults, Q and A with the rejection, then pause, so that the woman can make her intuitive, or spoken indication of approval, or disapproval. That is a typical example of how a woman wants her way. She likes to be drawn, by very strongly activated vectors. If a man prepares a strong attractive polarity, he must definitely reject women, otherwise he will certainly be repelled because two tractor beams make a repulsor ridge. One of the pair must be avoiding, rejecting, withdrawing,

and so on, and the other must be seeking, attracting, admiring, and so on, or else vectors will spoil the relationship. Women are currently severely sexually attracted to men with powerful controlling, and contemptuous attitudes, then, not knowing much about vectors, spend most of their married lives moaning over the fact that they never get their way.

An OT couple who love each other, will actually find their chairs skidding away from each other across the floor, and that can be very uncomfortable. That is a typical interplay of masculine and feminine energy. To do life's games with certainty, one must be very aware, of Vector Management, and must have no personal charge on the subject, which flip-flops a lot. You must be free enough to flip-flop much faster. There are an infinite number of creative ways to make this work.

There should be a large collection of synonyms for all the various vector factors, so that they can be audited. The collection would make an interesting book. Some ways, of rejection, for example, are scorn, criticism, disbelief, a light shove, laughter, refusal, disagreement, turning away, withdrawal, and disapproval. Check a thesaurus for countless synonyms for many vector situations, and acts.

THE VALUE OF BEING A BAD ASS

In today's society, nice, polite, caring guys are the ones who get all the abuse from the boss. If the nice guy eventually protest's the boss's rudeness, he gets fired.

The bad ass, is respected, and promoted, and will retain his job as long as he wishes. It is easy to learn to be a bad ass, and you need not be out ethics. Swagger a bit when you see the boss. Query the slightest negative indicator, or the slightest rudeness, or injustice, in a confident, calm, slightly arrogant way. That is a powerful way of making your theta space, as well as holding your space. A nice guy tolerates rudeness, and tries to understand. A bad ass never tolerates the slightest rudeness. He turn's confrontationally toward any tiny disfavour, and soon there is no such thing as disfavour in his space.

NEW RISING SCALE, AND DICHOTOMIES ENGRAM PROCESS, FOR CLEARS – THE COMMANDS

1. Reach lightly toward the upper concept of the Rising Scale pair, until you first contact something.
2. Scan what you contact. It will be an engram.
3. Erase the engram.
4. Reach lightly for the lower concept of the pair until you first contact something.
5. Scan what you contact. It will be an engram.
6. Erase the engram.
7. Continue with this pattern through all the pairs of Rising Scale, then start all over again.

You can run Rising Scale like this for many sessions, for days, and months. Keep recycling through the process over and over again.

Ethics Freeze Engram Process, Engram Style Creative Process, and the Engram Style Dichotomies Process support each other in life. Be sure to run these as a triad of alternating processes.

THE ENGRAM STYLE DICHOTOMIES PROCESS COMMANDS Ref. Scientology 8-8008

This process is modified to more completely run the lower level engrams. Do not run this as a flows process, because that will run your NOTS case, and that is a bit heavy for this level. The restimulative gradient is how fast you flip the dichotomy. If you ran engrams well with Rising Scale Process, this process will feel very naturally right. Run each dichotomy as an engram process.

1. To assess for engram incidents, conceive the leg of the dichotomy as a vector, then flip the vector to the other leg of the dichotomy. At the start of this process, you may encounter engram reads without even beginning to flip the dichotomy.
2. Be careful to note down and fully erase every engram incident, which you contact. Some incidents will be light, and you can erase the pain in a few seconds.

WHEN YOU CONTACT A HEAVIER INCIDENT, you must switch to Repetitive Recycling Description Process, with Body Help, and Havingness, and maybe some black, and white processing as needed to run that engram. Otherwise, if you merely scan the engram incident, it will be incompletely run.

3. When the incident is flat, flip the dichotomy, and get another read to run.
3. As you run engrams out of the dichotomy, you can flip it faster and faster. When you can flip it very fast with no engram reads, that dichotomy is flat.
4. I suggest recycling through the whole dichotomies list, running only a few incidents per dichotomy, flipping a little faster at every pass through the list. Eventually no dichotomy has reads, no matter how fast you flip its vectors.

This Vector flips process alone, plus sporadic use of the black and white process which follows, will hopefully, be the only processes you need on this level. If not enough, there are some other ideas following.

DIRECTED DICHOTOMIES PROCESS (Modified from Scio 8-8008. The flows version of this process is probably more suitable for 4th Dynamic processing.)

1. Select a target subject with which you wish to free up your dealings.
2. Phrase the dichotomy term in the form “Regarding .....(insert target item)....State the half of the dichotomy to run, or the opposite half of the dichotomy.

Example: Regarding farming, survive, then Regarding farming, succumb. OR Flow Survive regarding farming, then flow Succumb regarding farming.

You can thus apply the Dichotomies Process to the components, and actions of any job, or activity, or Org Board.

GENERAL VECTOR FLIPS PROCESS

A flip is a reversal of a vector. It appears that the act of flipping as well as the holding causes the engrams to run out.

1. Assess for a subject with a charged vector.
2. Flip the vector, hold until the engram appears, and run the engram.
3. Flip the vector, again, hold until the engram appears, and run the engram.
4. Alternate steps 2 and 3, faster and faster until the dichotomy goes flat.

BLACK AND WHITE PROCESS Ref: 8-8008

Now and then you will see a ridge turn black, or white, when you flip it. Flatten that item with Black and White processing.

VECTORS CAN BE RUN ON NUMEROUS FLOWS.
Self flipping, or reversing,
Conceiving self and others interacting, and flipping vectors.
Conceiving others interacting with others, and flipping vectors.

OPTIONAL LISTING OF MORE DICHOTOMIES

You can make your own dichotomies lists, but I suggest finishing LRH's list first, then, if you can still find dichotomies charge, go ahead.
solidification of a ridge by opposition - dispersal of a ridge by mimicry.
love-hate
attraction-repulsion
admiration – contempt
reaching – scorn
explosion – implosion
dispersal - impersal
inflow – outflow
positive – positive
negative – negative
neutral theta – neutral dead
positive – neutral
negative – neutral
sorry – not sorry.
responsible – not responsible
caring – not caring regarding ....
helping – not helping
certain – not certain
hot – cold
dark – light

To assess for charge, say "chosen vector term",... "REGARDING"... "chosen terminal".Then run the dichotomy.

ASSESSMENT OF DICHOTOMIES REGARDING SUPPRESSION

"IS THERE ANY ...vector term...REGARDING ....suppressive restimulation activity.".

This is a subject, which is partially covered in a number of places, and still needs some organizing. If you get all the charge off enough considerations, you will release on this level. That is all that counts.

CHAKRA 5
SEX LEVEL

Ability gained - Ability to love sincerely.

Good lovemaking depends on good physical health, fitness, and a spirituality, which can generate, and exchange admiration particles freely. That can only be done, by loving in present time.

Being single hurts a woman a lot. It kills a man. A single woman may be unhappy but she lives just as long as a married woman. A single man lives about twenty years less than a married man. Love and marriage keeps men alive, as well as happy.

Sexual restimulation is an urge to demonstrate a concept which contains touching, and a promise of sensation. The concept could be genetic, theta generated, electronically generated or bank generated. Both the thetan and the body want to experience sexual sensation. Aberrated sexual concepts are a sandwich consisting of a picture with sensation on the front side and an engram on the backside.

A person deprived of sexual contact will pull in facsimiles. A couple, who are both in present time during lovemaking will orgasm simultaneously. If lovers are fantasizing about another person, or some other event, orgasms will occur at different times. The love will feel artificial. Fantasizing sexually about anyone pulls in earlier similar images with sensation but the images are really engram facsimiles. Making love to one's bank is not much fun. Loving the one you are with is an important part of what people call true love.

JUST A FEW IDEAS

BRAVADO – is symbolic actions pretending to show off, to get attention, and show courage. Bravado is fake courage. All it really produces is randomity.

Notice how a rooster walks. Bravado is mock courage, swaggering, sneering, a squinty eye, scornful expressions, ridiculous arrogant posing, light teasing, elbows out, head cocked, a brief song, or a dance move, a resonant voice, suaveness, especially when there is no danger around to be courageous about.

THE RESONANCE

The Rat Pack, which included Frank Sinatra, Dean Martin, Sammy Davis, built their careers on a seductive sound, which they developed before the start. Very few noticed that these guys only had only about four notes in their voices. That kind of vocal range in a professional singer is absolutely contemptible, but they sold millions of records. What is up here? There is a frequency, in a man's voice, which says, he is a man. It says sophistication, condescension, confidence, control, passion, and courage. Dig it. Work it out for yourself, and cultivate it, if you wish.

THE WALK

Women tend to twirl body parts horizontally when they walk. That makes part of La Differance. Models exaggerate this, when they walk. Men tend to roll body parts in vertical circles, when they walk.

AROUSED STATE

When one partner feels strong sexual arousal, then the other partner feels arousal. When you are in rapport, it is not a secret you can keep. Whatever you are discussing, or doing, that is a trigger, and you know who's trigger it is. Thereby, the other partner picks up on the situation telepathically. If one or both partners know how vectors work, they can back each others plays, and have fun.

THE DESCENDING VOCAL FREQUENCY

Check it out. It has authority, and command value, it seems, everywhere except Germany, where an order is barked with a rising pitch. In the West, we ask questions with a rising pitch, and give commands with a falling pitch.

THE DOINGNESS

Female sexual attractiveness is visible. Male sexual attractiveness is almost entirely doingness – to make a long story short – showing off, bravado, mild rejection, no invitations, only mentioning that company might be allowed, area control, but no services, or gifts, or favours, brisk motions, contemptuous sneers, and half smiles, delays to create tension, very light touches, with meaningful pauses.

BODY OVERLAY PROCESS – to erase facsimiles of former bodies or body parts placed over the present body.

Look at your body with theta vision when you feel a read as if you have been hit, or sexually restimulated. Check for body overlays, which will look like a faint second skin. Many overlays will have no sexual content at all. Run it right there and then. Overlays should not be entered on one's personal charge list because they are so fleeting.

You may lightly touch or caress the overlaid body part to restimulate the engram.

Scan out the engram, which occurred during the past time of the overlay facsimile.

The overlay will vanish forever.

Overlays run very fast, usually in seconds.

2D ENGRAMS PROCESS A

Spot aberrated sexual sensation anywhere, perhaps, from browsing a novel, perhaps, some life adventure, or the sight of some sex toy. Make a note. Run the facsimile earlier similar until the engram erases.

If an aberrated facsimile appears during sex, scan earlier to get the whole track incident, which will appear with the sensation, especially as orgasm nears and passes.

Immediately after orgasm, the engram content of fantasy facsimiles will appear.

Erase the engrams right then and there. It does not take long.

IMPORTANT NOTE: Sometimes there does not seem to be an incident. Just persist. You will probably see some large electronic device, perhaps shaped like a large jet engine. That device would be generating forces at implant strength. That will be an engram source. Run those engrams.

PRINCIPLE: WHEN YOU RUN OUT THE BEAUTY FROM AN INCIDENT, THE ENGRAMS WILL ALSO RUN OUT. (Ref. Technique 8-80 by LRH) It takes Repetititve, Recycling Description Process to truly flatten most incidents, but the aesthetics technique helps a lot, at times.

THE 2-D SCREEN PROCESS - THEORY

At sexingness, a screen is a charged touch scene, which one refused to admire, until, engrams, or electronic energies finally overwhelmed the thetan so that intentions reversed (inverted) now making one compulsively admire it. Then one may have compulsively admired that touch scene until further engrams reinverted the screen, and so on.

A screen regarding a 2D touch scene may invert and reinvert a number of times along the track, so that it has layers, which must be peeled off, and erased one at a time. Heavy engram incidents will appear, which can be finished off with Repetitive Recycling Description Process.

THE 2D SCREEN PROCESS - COMMANDS

Assess for a compulsively admired, or compulsively protested 2D concept.

(Protest, VS Admiration.)

Conceive the aberrated 2D concept (touch scene) make the restimulation more real with presence of a drawing, demo kit, photograph, restimulative object etc, if it helps.

Run whichever runs out charge, it will be either, Protest, or Admiration.

Label what you are running with either a circled capital P, or a circled capital A.
Switch back and forth, Admiration for a while, until it goes flat, then Protest for a while, whatever causes the energies or engrams to run. Do not switch until the aspect goes flat.
Run Repetitive Recycling Description Process when a heavily charged engram incident appears.
Continue the process, until neither Protest, not Admiration runs any charge.

Internet searches may be obsessive-compulsive interests. Check those for screens. Check obsessive playing of video games, or gambling, or any thing you do a lot of.

THE FLIRTING PROCESSES

There is a lot of charge on flirting actions, because there has been so much drama, and mayhem regarding the subjects of both winning and leaving sexual partners. We can audit out the charge on all kinds of flirting and mating actions, with Repetitive Recycling description process. You need to audit these actions on four flows, and from male, female, and neuter perspectives. Some flirting actions are specific to men, some are specific to women, and some actions are gender neutral. Probably all three classifications are about equal in number. So we can make up a chart of things to audit, here.
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CHAKRA 6 IMBUEMENT LEVEL

Ability to adopt a healthy diet – Freedom from bad eating habits, and food and drug addictions - Q and A with addictive food substances, like sweets, or alcohol or Q and A with anything equals inability to hold a position because some engram command is moving you.

AROMATHERAPY ENGRAM PROCESS – a reach and withdraw process –

Since aromas imbue a space, and since they are much associated with food, and flavour, we place this process at eatingness level, At a guess.

There are thousands of aromas. Many of them can be used on a reach and withdraw basis to run engrams. Take, for instance, a drop of rose fragrance on a piece of blotting paper. Repeatedly take a whiff, then, withdraw the blotting paper. An engram will probably start to run out. Keep on taking brief whiffs, while scanning out the engrams. It is

amazing how many engrams one single scent can restimulate, and run out. There is a need for large libraries of fresh scents for self-auditors. Aromatherapy centers have excellent starter collections, which are available at reasonable prices. Aromatherapy may, or may not proof an OT against pesticides, and industrial toxins.

ONE DIETARY RULE THAT PEOPLE GENERALLY IGNORE:
Change your diet more or less daily. If you do not change often, your body will rebel and it will be drawn to junk food. It is a difficult job to achieve both change and balanced nutrition, but the pleasure and health results, are worth the trouble.

SCIO COOKS

All scio cooks must be trained in nutrition with vitamins, and minerals, and most certainly, herbs. It only takes a few weeks. Every meal these days needs extensive supplementation. A cook must know all about the essential fatty acids, the full range of amino acids, the importance of complex carbohydrates, the importance of bitter greeens, the values of the products of fermentation, the value of basic acting foods, purified waters, depleted, versus mineralized soils, and so on. I do not want to hear any of that garbage about the five food groups. Wog menus are horrible nutrition, and we desperately need to improve on them. Without a knowledge of herbs and many other nutritional factors, a cook will always be nourishing people into sickness.

We used to do five times more work, so we ate four to five times more than we do today. With that much food going in it was a somewhat easier to to provide enough vitamins, and minerals. We have a lot of nutritional needs, which must be supplied in concentrated form, because sedentary people simply can no longer eat that much food.

A good cook can easily double, and triple the study stats for a family, or group. Now, that is a worthy investment. The schools in New York City decided that kids were getting low grades from malnutrion. They began feeding children with healthy food, and grades soared. Good cookery alone should be able to triple production in factories, as well.

IMBUEMENT – the act of permeating an object, a space or a body with either a concept, or substance. Example: When a substance is taken into the blood stream, it imbues the body. A concept can imbue something when that concept is placed into that space or object by theta intention.

HUNGER – is an urge to imbue a body with a food substance, or a drug substance.
CRAVING – means carving in one sense, craving is a body with a nutritional deficiency, carving some part of itself off to feed metabolic needs of more vital body parts. Calcium craving, continued for long enough, carves actual holes in the bones, which are called Osteoporosis,

or dental caries. A body with a nutritional need pulls in either facsimiles of the food substances it needs, or facsimiles of substances, which will help the body to carve off some of its own bodily substance at a cellular level. Drugs, and refined foods work to carve away a great deal of bodily infrastructure because they are poisons, which the body must neutralize, by sacrificing protoplasm, and minerals.

Addictive foods and drugs move the body with the force of engrams involving substances taken into the bloodstream. Eatingness restimulation is also geographically oriented engrams. An addict feels the addictive force in certain specific places of the body. A sugar craving would trigger repeatedly at an exact place, perhaps ten feet from a candy counter. Cigarette cravings often trigger at the instant a smoker sits in an automobile. This is how we get Q and A with any resolutions to quit one's addictions.

Work out a wholesome diet. Know the values of various classes of foods, complete proteins, oils, essential fatty acids, Vitamins and minerals, sufficient pure water, alkalinity, herbs, and so on. You can pretty well ignore information from the medical-pharmaceutical combines. I will not attempt to describe a complete health plan, but here is some important information.

A large improvement on the Cal Mag formula, is to add liquid trace minerals, and all kinds of mineral powders to the Cal Mag. This makes the trace minerals act about ten times better. The list of minerals you should add is quite long. For example, adding Trivalent Chromium plus Vanadium to the mineral cocktail, stabilizes blood sugar very dramatically in the first day. There are also various valuable multiple forms of a given mineral. For example Cal Mag has very good Magnesium in the form of Magnesium Carbonate, but you can spice it up very nicely with another form of Magnesium in the form of a pinch of Epsom Salts. The combination of dozens of minerals needs research. One may need two different sodium compounds, and three different phosphorus compounds.

A high quality dentifrice (tooth brushing powder) can be made up Calcium Gluconate. This chemical compound can prevent a lot of tooth cavities, by rubbing it all over the teeth and gums, and leaving it overnight. The genetic forces are able to actually absorb a significant amount of that calcium, or cal-mag powder through the gums. The body will use the calcium directly to rebuild teeth before they develop cavities. Often a tooth develops a tender spot before a cavity appears. If the cavity has not broken to surface, this formula will probably repair the tooth in a matter of a week or less. There could be other problems, which might prevent the formula from working, but if all goes well, habitual application should prevent any further dental decay, and you may never need to visit a dentist again.

Barley is an excellent protein source, but it is an incomplete food. I mix whole oats with green barley, to provide lots of calcium, and also add flax seed, for needed Omega 3 oil. Grains should be mixed to provide a wider nutritional spectrum. You can make your own fresh porridge,

pancakes, and bread mixes with mixtures of these whole grains ground up in one of those cheap hand-held electric coffee grinders. For porridge, you grind them coarse. For breads, you grind the grain mixtures fine. It only takes seconds.

Whole grains are about five times cheaper than pre-milled and bleached flour. If the British Navy had known to grind up their own whole grains, with querns, and larger mills, on their ships during the Napoleonic wars, they could have saved themselves the experience of eating so much maggoty flour, and mouldy sea biscuit.

Caffeine traumatizes adrenal glands into secreting adrenaline, which nearly kills the adrenals in a person who drinks three cups per day. Coffee addiction is the body craving adrenal secretions. The addiction is daily torture for the adrenals. A cure for coffee addiction is pantothenic Acid, plus a pinch of salt, taken a few times per day. These supplements directly begin to restore the adrenal glands, within days. You will feel a lot more pep in a short time if you take the pantothenic acid cure.

It turns out that commercial doughnuts, and many commercial, pastries, and prepared mixes, are doctored with the deadly poison, aluminum oxide, to control the speed of the rising of the dough. You can't eat factory bakery treats any more, unless you enjoy Alzheimer's Disease.

Parasites are a problem with uncooked greens, even when they are well washed.. Adding Garlic to salads will do a lot to protect you from parasites, which might be in your greens. One should do an annual herbal parasite cleanse.

The original recipe for Caesar salad called for a raw egg. The lecithin in a raw egg would properly emulsify salad oil so that vitamins would be metabolized much better. Onions also contain lecithin.

Centuries old, traditional food combinations might be very technically correct, say like the formula for borsht soup, which according to the Bible is thousands of years old. Ref. The Land of the Red Soup.

A window garden full of edible weeds, and personally needed herbs, might supply most of ones vegetable food requirements better than any supermarket. The Bible makes an interesting statement about the coming Millenium "Every man shall have his own vine." Edible weeds make better tasting salads, and boiled vegetables than most commercial greens. Another point is that the weeds are not yet genetically modified. A small resource, like a window garden might provide a fair bit of comfort during the oft-predicted world nutritional crises. It is very easy to weed a backyard to allow dandelions to grow. All you really need to do, is watch the grass grow in the spring, until it is six to ten inches tall. Then just walk all through your dandelion patch, so that you make a faint path through every area. It only takes about five or ten minutes to do a whole backyard. The young grass bruises easily, but dandelions are sturdier stuff, and they will dominate the yard for the rest of the summer. Of course, there will be other invader weeds. Yank the ones, which are not edible.

Heidrun Beer writes about the value of lactate fermentation of vegetables, to make foods like sauerkraut. Fermentation is a vital part of our prehistoric nutritional heritage. It produces very many valuable

nutritional compounds. It should be pointed out that if you live in a forested area, you can ferment leaves of willow trees, poplar and aspen trees, rose bushes, apple, and grape leaves and maple leaves with very good results. There are usually about twenty varieties of edible weeds in any given part of the world, which also make excellent fermentation. There are countless healthful and medicinal wild herbs to add. There is dill, cucumber, garlic, chili peppers and other herbs and vegetables for flavour. Lactate fermentation has a very large health potential because the juices can be used as carriers for great quantities of minerals into the body, and it makes lots of vitamin B 12. Extra trace minerals can even be added to the juices.

Experimentation is needed with various homegrown yeast cultures, as a high protein vitamin source. Yeast must be cooked briefly before eating. (Live yeast will make you sick.) The white skin, which forms on the surface of a lactate fermentation culture is said to be yeast. Organic yogurt, when it gets old, will develop a similar white skin of yeast. Yeast has an unmistakable smell, thereby you know when you have a pure yeast culture. If you spread your substrate out wide, in a shallow dish, you get a lot of surface area to turn to yeast. Some brewers yeasts float to the top, and some sink to the bottom.of a substrate fluid. That is one of the differences between pilsener, and lager. Either way, you can easily separate out your yeast. You can transform a lot of foods into yeast. A packet of brewers yeast can last for three generations of batches, then should be thrown. out, because it changes genetically. Bakers yeast is no good for nutrition because it has a hard covering.

SOME IDEAS REGARDING HOW TO LOSE WEIGHT. – EACH CRAVING THAT THE BODY FEELS, IS NOT GENERAL BUT FOR A SPECIFIC KIND OF FOOD. IF YOU HANDLE THE SPECIFIC CRAVING WITH THE SPECIFIC NUTRIENT, YOU MAY EAT A LOT LESS

Very often, defecation will not occur, until after one has eaten a meal, because the bowel likes to hold some bulk, and will not let feces go until more food enters the digestive tract. Certain non-caloric bulky foods, like Psyllium seed powder, in a glass of water, will provide the needed bulk, without the calories.

The body craves food, when it is deficient in trace minerals, so, always add high quality trace minerals to drinks. Take lots of highly mineralized foods, like Kelp, and various sea mud type supplements. Be sure you always take lots of potassium iodide, trivalent chromium, and Vanadyl sulphate. These trace minerals speed metabolism.

The body occasionally craves carbohydrates, like sugars, alcohol, or starches. I like to coarsely grind up whole grains, like a mix of barley, flax, and oats in a coffee grinder, and boil that in some water. It makes a typical meal of complex carbohydrates, which means it satisfies, for many hours.

The majority of human genetic types can be vegetarians, but about forty five percent of European people get meat cravings once or twice per

week. These are real. When visions of roast beef dance in your head, go ahead. Eat your meat, and enjoy it, without guilt. Don't go to Macdonald's though.

LRH mentioned the specific craving for vitamin C. He said that when you are hungry for something, and you do not know what, it is a craving for Vitamin C. Fruits and vegetables grown in our depleted soils, are very low in vitamin C. Eat your fresh vegetables, with at least a thousand miligrams of vitamin C complex, and a glass of water. You will be satisfied very quickly.

The craving for water is very specific. Take lots of purified water. Tap water is so laden with chemicals, I would not feed it to a dog. If you have water in a restaurant, you will often smell automatic dishwasher cleaners very strongly. Restaurants, and bars are very lax in rinsing the cleaning chemicals from their automatic dishwasher out of their drinking containers. Don't drink that stinky stuff. Get the glass rinsed,and get fresh water. They will tell you that a little bleach never hurt anyone, yeh, well, it can destroy your liver and kidneys.

The craving for drugs is generally satisfied by lots, and lots of cal mag, and every other nutrient.

The craving for B complex vitamins feels like a tense, restimulated mood. Remember how your body feels, the morning after you have had intense dreams, and nightmares, sore rims of eyelids, sore tongue, and so on.

When you crave vitamin A, you will probably get recurring thoughts of dark salad greens, and oils.

Cravings for bitter foods should be satisfied with fresh saurkraut, nutritional yeast, fermented style dill pickles, and angostura bitters,

Craving for sours, can properly be satisfied with lactate fermented foods, like saurkraut, and naturally made dill pickles.

Craving for zinc feels like tension in the testicles. You can actually douse for zinc supplements, blindfolded, when you are deficient. Just close your eyes, and let yourself be guided down drugstore aisles. You will feel the body tug toward the zinc, when you approach it.

Warm colours of strong light, can speed up metabolism, by as much as 500 percent. The warm colours are yellow, orange, red, infrared and far infrared. You need at least a 150 watt spot light (not flood light), or coloured glass across a bright sunbeam to bathe the body in sufficient coloured light. minimum sessions, of 20 minutes. Always run equal periods of green light. for balance.

There are catalogues of vitamin and mineral defiency symptoms. The most important part of these catalogues is the descriptions of present time cravings, because those indicate deficiencies in present time. Present time sensations are the most important one's to handle, because the body cycles daily through a series of, different metabolic modes.

Calcium milk supplementation is wonderful for those who can digest milk. You add a half a tablespoon of Calcium Gluconate, and about an eighth tablespoon of magnesium carbonate to each glass of milk.

Unsupplemented milk, contrary to the PR bunk, is a lousy source of calcium, due to pasteurization.

SOME IMPORTANT TOXIC FOOOD SUBSTANCES TO AVOID

All soy food products, and perhaps soy oil are anti-nutrients. They are poisonous blockers of nutrient absorption. They make adults weak and sluggish. They make stunted children. Soybeans contain so much estrogen that fish in the rivers are not breeding properly, from hormones in sewage.

Soybeans and tofu never were ancient oriental foods. The Chinese knew better than to eat soybeans. The top Nazi, Henry Ford, decided to make millions by selling this non-food. Tofu was invented recently in some laboratory. Soybeans are a soil enrichment crop, meant to be plowed under, not eaten.

Canola oil is not a food oil. It is an industrial penetrating oil made from genetically modified rape seed. Canola weakens body tissues so much that it may be the real cause of the recent rash of so-called battered babies. The flesh of heavy canola eaters is easily torn apart by small forces. Nearly all deep frying oils, and margarine are made from canola these days.

Grill bricks are generally made of an aluminum compound. We may assume that just about any aluminum compound is poisonous to the nervous system. Almost no restaurant properly washes off the particles of the grill brick. You get that black material on your fried eggs. Get poached, or boiled eggs instead. Never use aluminum pots either.

Nutra sweet (aspartame) causes massive brain damage. Terrible, unexplained headaches and toothaches are typically caused by aspartame destroying the nervous system. (Niacin is a partial antidote for aspartame. Take the niacin dissolved in warm water, a little every few minutes, but stop taking it when the flush first begins. With a bad aspartame dose, you might take eight hundred milligrams of niacin without experiencing a flush. Take a little more in a few hours.) Even people who are supposedly not allergic to aspartame experience physical harm from it. Unlabelled aspartame is hidden in many wines, and liqueurs, in those little jam packets in restaurants, in most soda pop, in those jam buttons in Peek Frean cookies, and in a lot of jams and candies.

People buy dry wines to keep their sugar intake down, but the wine companies slip in unlabelled aspartame. Wine is almost never made from grapes any more, by the way. Almost all of it is synthesized in twenty minutes in chemical factories. (And they tell you it was a very good year.) The factories look a lot like small petrochemical plants, and are built in grape growing regions (wine country) as a PR scam. Most grape growers could never get a contract to supply wine grapes to any winery in North America, Germany, Australia, South Africa, etc. Wine grapes are no longer needed. Phony wine experts wearing fancy suits, pose in very elegant parlours, for television cameras. You would think they were movie stars. They go into verbal ecstasy over the wine merchant's chemical synthetic cocktail which has never seen a grape. Wine grapes are special, very large grape varieties, which are not very

tasty. Vineyards these days grow almost nothing but table grapes for supermarkets. It is very hard to find wine made from real grapes because labels do not state what is really in the wine.

One hundred percent pure apple juice, from concentrate, has meant, for at least fifty years, that it was synthesized from pure chemicals in some laboratory. Phony consumer protection agencies hide that fact by falsely stating that concentrate is a word with no meaning. What an insane suppressive idea, for governments to actually legislate, into existence, a word with no meaning.

They say that when orange juice is from concentrate, then the word concentrate has no meaning unless there is another word following it. There never is another word following it. What bullshit. What corruption. The proper definition of "concentrate" is petrochemical flavours and colours, synthesized in a laboratory. Those pure fruit juices from real, pure, concentrate are not made from real fruit at all. Grape juice, lemon juice, apple juice, cranberry juice, and so on – entirely synthetic.

Ordinary fake chocolate is a mix of chemicals, which produces what is often diagnosed as skin cancer. Tiny blood blisters appear, usually on the nose, and on the scalp. They itch on the scalp, several hours after eating chocolate, and they often break, causing small scabs in the hair. Medicos will not tell you that the sores are caused by fake chocolate. They say, that your nose is sensitive to sunlight, or some such thing. Nor will they tell you that the tiny sores will vanish in a week or so, if you stop eating chocolate. Milk chocolate is not real chocolate. Where can you find synthetic chocolate? Only about 99.9 percent of commercially available chocolate bars, and chocolate in candies is synthetic. The rest might be real.

There was a toxic diet shift in the last few centuries to empty carbos, and foods, which acidify the blood. Bread, and starchy and sweet foods can be eliminated, and alkalizer foods, like cucumbers, lentils, and bell peppers can be made into major staples. That solves a lot of problems.

The entire US Pharmacopia should be buried in a dump to produce nothing but good. Any thing that pharmacy can do, herbs, nutrition and natural healing can do better. The problem with natural healing is that the number of schools and styles is so great, that it has never been coordinated. Some natural systems are vastly better for some things. Fortunately, there is a lot of overlap. An ailment might be cured by five widely different natural healing methods, but no natural system can handle everything. If natural healing had access to the educational curriculum, and to test labs, it would wipe out Allopathy in a decade or so.

Irradiated foods produce nearly the same symptoms as radiation itself. Sexual sterility is one of them. You can expect all spices on the supermarket shelf to be irradiated. Even in independent health food stores, all herbs controlled by Pharmaceutical companies would probably be irradiated to reduce their potency and to oppress the health food industry. Perhaps twenty percent of our food is irradiated with thirty times enough

radiation to kill a man. You might test your organic grains and beans to see if they sprout. That irradiated artificial crabmeat keeps for a month and a half in the refrigerator without going bad. I wouldn't eat it with a ten-foot pole. It glows in the dark.

Serious electronic pollution exists. Transformers are deadly. They pollute ley lines over distances of hundreds of miles with cancer causing energies. The more recently manufactured refrigerators have motors which emit some form of radiation which causes serious decalcification, and bone deterioration, plus muscle, and nerve damage, etc. Refrigerators have a dangerous range of about 30 feet. When an electric refrigerator was replaced with a propane refrigerator, massive rheumatic pains stopped overnight. Back pains caused by decalcification also stopped overnight. The author was previously taking massive doses of cal mag, and other forms of calcium supplements for many months with no results due to the radiation. Similar skeletal damage, like brittle, easily breaking bones, have been reported from wearing quartz watches, and other electronic watches. Anything that buzzes constantly is to be suspected. A bathroom fan was incorrectly connected directly to the hot line of house wiring, with only the ground wire running through the switch. It buzzed constantly for years. The capacitance of an electric coil in the fan motor produced a Radio frequency wave, which permeated the entire home. It is thought to have caused the early death of the previous resident. Computer radiation, is also bad.

One otherwise fit and healthy woman reported weakness and dizziness which no medical means could diagnose. She was living within a quarter mile of a powerful radio tower. When she moved, she was immediately cured. People who sleep with a radio on near their bed, generally report similar sickness, they are also psychotic. A safe distance for electronic alarm clocks is about ten feet. Those clicking quartz wall clocks can fill a room with uncomfortable RF radiation bursts at each tick.

The majority of radio and microwave towers are now set up perfectly to beam emissions for several miles down most busy highways. There seems to be a genocide project and an implant project going on with these towers. One drives for seven minutes or so looking directly at a strobe light, while getting beamed with energy. It is commonly known that if the voltage is raised, and the frequencies adjusted, these towers could be used to sicken, or hypnotically command thousands of people at a time. Some of the towers have an extra microwave dish directed not at another tower, nor toward a satellite, but directly down one of these stretches of highway. Symptoms noted while driving these electronic stretches of highway include itching and pain deep inside the inner ear, or a nose itch, and sinus discharge with much clear mucus, and very strong urge to sleep, nearly every time the tower is approached.

The toxicity of sugar, pesticides, fluoridation, chem. trails, etc, is well known.

You can set up a pretty good diet, and when you cannot stick with it, there are three main reasons. One, is that you are still missing some nutrients. Two is toxins. Three is the bank.

Read Relfe.Com and Metatech.Org on the internet for valuable survival advice regarding chem trails, etc.

IMBUE CONCEPTS OF DRUGS, ALCOHOL, AND VARIOUS JUNK FOODS INTO THE BODY, AND RUN OUT THE DRUG REACTIONS.

IMBUEMENT ASSIST

Many of the prep check questions will wear out after some months of doing this process. Here are more actions to help the auditing along.

IMBUEMENT R+WD PROCESS (To imbue is to place a beingness or facsimile into an object.) MUTTERING IS ALSO SOLVED BY IMBUEMENT:

Imbuement unbogs 3D Grade III engrams.

Imbue the muttered phrase or stalled, bogged engram into an object.

Do ambulatory reach and withdraw on the imbued object while hearing the muttered phrase coming from that object and seeing the facsimile in the object, while the engram runs out. This R+WD likes to be ambulatory, walking back and forth in a room.

This process will kick loose auditing stalled by harshness, and perhaps blackness of some Grade III engrams. It may be applied right in the middle of a 3D Hurdy Gurdy session. Imbue an object with cause of an engram, or black mass or suppressor gloater thetan. Do ambulatory reach and withdraw on the imbued object there running out the engram. This is a gradient approach to blowing the Gloater. You might be tempted to play Voodoo, by beating on the imbued SP.

ENGRAM STYLE OT DRUG RUNDOWN

Drug mass is basically facsimiles of a drugged, suffering, and actually, painful body. Bodies hate drugs, and that produces a mass.

1. Assess for drugs, and toxic substances. Sometimes troubled teeth have a sort of drug mass near them.

2. Consider the feeling of having taken the drug. A facsimile of the drug mass will appear near your body.

3. Imbue that drug mass with your beingness, as if you were in that drug mass, with that drugged body right now.

4. Run the facsimiles of feeling the sickness of the drug, and e/s if necessary.

RHYTHM ENGRAM PROCESS

This process is still experimental. A companion to toning,is rhythm.

IMBUEMENT ENGRAM PROCESS AT EATINGNESS – Run this process, on items from the Personal Charge list for as long as you can.

You can imbue an object like a chair, or a wall with any identity, or engrammic content you wish. You can imbue an object with someone's identity. You can consider a section of wall to be your Uncle George. Say, "Hello Uncle George." to the imbued wall. A charged terminal in an engram incident is usually the individual who was causing the impacts and injuries. You can run out engrams by repeatedly walking up to touch the engram charged imbuement, and walking away.

Assess your life for a charged restimulator.

Imbue the restimulator into an object, like a section of wall, or a piece of furniture.

Reach and withdraw from the imbued restimulator until the E/S engram starts to run out.

Imbue charged terminals from the engram into walls or objects.

Repeatedly reach and withdraw regarding the imbued terminals, thereby erasing the engrams.

IMBUEMENT DRUG RUNDOWN – This process may resolve both metabolic damage from drugs, and perhaps metabolically induced cravings for drugs.

Get a facsimile of an unhealthy food, alcoholic drink, or a drug, which is bad for your body (probably any drug is bad for your body).

Imbue the facsimile of the unhealthy food into various body parts until metabolic engrams start to run out..

Continue holding the imbued facsimile in the body part until the drug and metabolic engrams are flat. Sometimes engrams will run out, often, sick metabolic noises will run out.

IMBUEMENT PROCESS FOR HERBAL HEALING CRISES

People who take herbal cures for physical ailments often fail to complete the cure because a healing crisis occurs.

A HEALING CRISIS is when nutritional engrams are restimulated, and not yet run out by a curative nutritional agent.

Example: one is healing the liver with dandelion greens. One day, the dandelion greens repel one. The pleasure of eating them is gone. There are subliminal engrams in restimulation regarding the liver, and perhaps other body parts.

Process –

Imbue the body with a facsimile of the curative agent.

Hold the imbuement in whatever position restimulates engram incidents.

Run the engrams.

Return to ingesting the curative agent, whether it be tea, or capsules, food, etc.

Failure to audit out the healing crisis will often throw a person back to the toxic substances, which caused the sickness in the first place. The exact substances, which caused the sickness will key out the engrams,

and abort the healing crisis to the detriment of the body, and thetan. That is how you get drug and alcohol relapses.

CHAKRA 7 SYMBOL LEVEL

SYMBOLISINGNESS – Ability to use words and symbols effectively, and to study well – Freedom from word content in engrams.- .

Beings who have been on this planet for a long time collected thousands of engramic word associations. The Tower of Babel was a project to gather, correlate, and condense all available psychic knowledge, to develop the tech of making OTs. It failed because of word association engrams. One OT would refuse to use a term used by another OT, and vice versa. They did not know they were trying to avoid restimulating their own engrams. There was so much charge on word choice that this gathering of these most sane beings on the planet, were screaming at each other for days and days. You could hear them from blocks away. The group broke apart with much bitterness.

Word association engrams are one big reason why professors are so complicated and wordy when they write. They are trying hard to avoid restimulation from words, which are in their own engrams. Earth cannot simplify her textbooks without applying this process.

WORD ASSOCIATION PROCESS - The Word Association 3rd Dynamic Engram Process devised by LRH. Can be expanded a little. It can be applied to entire dictionaries. You just use the restimulative word over and over again in different sentences while the engram runs out. Often, when you know you have an incident, you may switch to Repetitive Recycling Description Process to finish off the charge, which may involve many words, and many engrams.

Be sure to apply the word repetitively in sentences as different parts of speech to find out which senses of the word restimulate engrams. Keep repeating the word in sentences until the incident starts to run out. You may need to switch to Repetitive Recycling Description Process to completely flatten the incident.

You may need to audit two or three languages. This process can run for years on some people. Clear a high school dictionary. Then move on. The most valuable dictionaries to clear of word association engrams would be the Scio tech dictionary, and the Scio admin dictionary. Look up every Key word in the OEC checksheet books, then, do the Scio admin

dictionary. Coordinated with the 3D Grade IV process, this makes a super expanded Primary Rundown. Prerequisites – perhaps include Method 1 Word Clearing Completion, Student Hat. Method 1 word clearing seems to be a 1st Dynamic process. If you are above Clear, you may be able to do the Word Association process very well without having done Method 1. That needs to be researched.

Engrammic word associations are another barrier to study. They can make a student fall asleep during study, just like a misunderstood word can do. The student should be aware of this alternate possibility, and handle accordingly.

MOVING A CHARGED SYMBOL, AND MOVING A FACSIMILE OF A CHARGED SYMBOL I.E. ANY OBJECT ASSOCIATIONS OR VISUAL ASSOCIATIONS

LRH said that a symbol has Mass, Meaning, and Mobility.

Your job as a self-auditor here is to move the symbol which once moved you.

If you have charge on your old high school jacket because of what it represents, you may move the jacket to and fro. Soon you may move a facsimile of that jacket to and Fro, and run the associated engram. Start with the facsimile of a restimulator, then a facsimile of the engram incident will soon appear.

There are countless symbols, and whole track symbols which are not found in the dictionary. A big red letter M, for example, once represented a very suppressive space society.

ALL PERCEPTICS CAN HAVE ENGRAMMIC ASSOCIATIONS All perceptions on the list of perceptics from Scientology 08 can be audited at symbolizingness by the Symbols association process.

ENGRAMMIC CHARGE ON BEAMED COMMUNICATION

I am not sure of the best terminology to describe this, but the process is workable. Some telepathic beamed comm amounts to a mild engram. One actually gets hit with a message. Since people not-is engrams, such messages often get hidden by charge.. If you have an attractive body, you know what it means to be hit on, telepathically. You feel a blow from a beam, and are aware of someone making a statement of perhaps romantic intentions. If you turn rapidly toward the direction of the impact, you can almost always visually identify the source. The subject of these communications may also be non-sexual. If you run the following process, you will solve a lot of the discomfort and much of the communication difficulty.

BEAMED COMMUNICATION PROCESS – REPEAT THIS PROCESS UNTIL FLAT. (It may take quite a while to go flat.) It tends to burn out havingness very fast..

Get the idea of being hit with a beamed message. An incident will appear, either this lifetime, or whole track.

Get the impact's location on the body.
Roughly date the impact.
Run the engram of the impact.
Get the identity of the source.
Get the words or non-verbal meaning of the message.

SPEED READING – At last, an honest way to speed up reading.

To speed up your reading, repeatedly cast your attention onto a word, or symbol, until all automaticity runs out, and you are left with a concept, which is a pure theta cognizance of the meaning. Example. A person sees the sign "Big Al's" over a pub, he moves his lips, and sub-vocalizes the words, when he sees the sign.

He has some time, so he goes into session right there. He repeatedly looks at the sign, until the lip moving, and sub vocalization runs out, along with an engram or two. This erases machinery, as well as engrams. Finally, he feels the item going flat. He is left with nothing but the concept of Big Al's.

In the next brief session, he repeatedly conceives hearing another person say "Big Al's", until that communication goes flat.

Reading by means of concepts is much faster than reading by use of machinery. (Subvocalization slows one's reading speed to about three hundred fifty words per minute.) One can spend several hundred hours building up one's concept vocabulary, thus saving countless study hours. When one reads, there should be no reaction of any kind, only knowledge.

There is virtually no limit to study speed if one is willing to run enough processes for long enough.

CHAKRA 8 COURAGE LEVEL

THINKINGNESS LEVEL

THINKINGNESS- Ability to fearlessly go, wherever - Freedom from intimidation - and from suppressives who generate fear and a dangerous environment. Above Clear, the Change of Space Process becomes an intense, engram process. The basic purpose of 3D thinkingness is to avoid dangerous places. Geographic locations where one has experienced an engram contain a fear charge, which repels the being long after the injury. Reaching and withdrawing as theta, discharges both the fear and the engram. Suppressives restimulate fear to manipulate thought. Erasure of fear engrams restores courage. Do this process right after releasing on 3D Grace III. When you have completed 3D Grace III, you will automatically bridge over to this process. It just draws you. Change of Space may be the

first process to run from the following group of processes. Check it out. There are mock up processes, which have to do with exteriorization. .

THETA CLEAR

It looks like this level has much to do with Theta Clear. I am collecting processes, which have to do with a thetan exterior, and placing them here, for now, at least.

FROM CREATION OF HUMAN ABILITY

A variation of R1- 4. Be various distances and angles from your body, look back at your body, and run the engrams, which appear.

A variation of R1- 6, and R2-38. Do R2- 38 in bigger and progressively bigger spaces than the room. Hold the points, and run the engrams. Do R1-6 in progressively smaller spaces. You can do these processes using Mountain tops, planets, or anything you please as anchor points.

R1-7, and R1-8 like it says in the book, and run the engrams.

R1-9 Grand Tour. This is a very fun and effective engram process. Throw out your attention across the planet somewhere. Your attention will very likely fall on a restimulator, and you will get a read. Run the engram which is attached to that chunk of real estate while you are holding on to that spot., or , as in SOP 8C step V pull yourself to somewhere on earth, notice the charge there, and repeatedly pull yourself to that same spot until the secondary, or engram runs out

R1-10 nice process.

3RD DYNAMIC INTERIORIZATION RUNDOWN

There has been a lot of Q and A when auditing interiorization. In C of S, the Interiorization Rundown needs to be redone from time to time because it is only done as a key out. The proper way to terminatedly handle this level is to make an engram process out of it. Run the following engram processes by repeater technique.

3D INT ENGRAM PROCESS

Assess for charge when you get the idea of going into anything, anywhere at any time. Assess bodies, any Mest object around you, the Expanded Gita list, or just the general whole track concept of going in.

Repeatedly conceive of going into whatever is charged, and the engram will run out. Do E/S when necessary.

3D GOING OUT INTO (ENGRAM PROCESS)

Assess all kinds of ways of going out into something, like going out into a snowstorm, or out into a battle etc.

Repeatedly conceive of going out into whatever, thereby running the engram.

ENGRAM LOOK BACK – Be outside of your body, and then look back at your body, hold any position outside the body which gets a read, then erase that engram,

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REACH AND WITHDRAW PROCESS AT THINKINGNESS (You do not need to be Theta Clear to do this process). THESE THREE PROCESSES ARE BASED ON CHANGE OF SPACE PROCESS p38, Creation of Human Ability

FAMILIARIZATION WITH SUPPRESSOR CHARACTERISTICS (The following Danger Zone process is a long gentle gradient whose value is in gaining a range of experience with suppressive potentials, and some means of handling them in the theta universe.)
Assess three concepts with each question.

1. Is there any danger
2. regarding a phase in the table of relationships P115, Scio 0-8.
3. regarding the Expanded Gita list

Example: Is there any danger regarding starting healthy bodies. Is there any danger regarding changing healthy bodies. Is there any danger regarding stopping healthy bodies. And so on.

Sketch a map of the danger area.
What is the danger or probable danger in the area?
Do change of space on the area. (I.e. reach and withdraw as theta, or a remote viewpoint.
Are there any problems regarding the danger area, E/S problems?.
Former hope?
Engram, time, place, form, event
Authority?
Any problems regarding the Authority? E/S problems?
Bafflement?
What was really going on?
Who said it was safe when it was not?
What lies were said regarding safety?
What danger signs were ignored. (Prior confusions etc.)
Who is the SP?
Any problems regarding the SP? E/S ?
Personal desires to be treated kindly?
Aberrated postulate?
Borrowed facsimiles?
Imbue the suppressor into a demo kit object
Move the suppressor in the demo until the SP's this lifetime body appears.
Imbue the This lifetime suppressor body into another demo kit object.
Move the imbued object back and forth until he black button exteriorizes.
Move the black button back and forth (which formerly moved you.)

Place the suppressor in the location of his overt

You may attack the suppressor, just as the suppressor formerly attacked you, and get each of the reactions communications, and the admiration waves back from the SP. (These were admiration particles formerly stolen from you.). The suppressor will soon try to enter your body, usually in the belly area, at which point, you may be in danger of gaining a BT. So, to get him out, huff and puff, and repeatedly thrust the inhabited body part as if you were tossing him out of there. He will not be able to take the tossing motions, and will fly out of that body part.

A SHORTER DANGER ZONE PROCESS
Assess for areas where one is unwilling to enter or stay danger zones, self imposed limitations
Reach and withdraw as theta regarding the feared zone..
If there is an E/S, it will appear, then do the R+WD regarding the E/S feared zone. You will go automatically E/S and geographically to some other location where you now continue R+W. It will be a site where you experienced the fear engram, often in other galaxies, etc.
There will be a fragment of a danger generating, or fear generating gloater still at the site of the engram. He will be the authority in the area, so to speak.
What was the bafflement.
What was really going on.
Who said it was safe when it was not safe? (SP)
Lies when they said that it was safe.
Admire the plans of the enemy.
What personal desires for sympathy were there?
You will feel the fear now saturating the fearmonger and his space.
Continue the theta Reach and Withdraw. Wherever he is in the universe, he will know that he is found, and he will be in a state of absolute terror.
Continue R+WD regarding the engram site with the fearmonger now in it.
Move the gloater back and forth and Blow the Gloater.

This process might run for a year, full time. There may be hundreds of items. When you release on this process, you will find yourself automatically sensing counter efforts and it is time to move on to a new process. At that point, run your personal charge list with recycling description process for counter efforts, described on the next page.
SPACE EXPANSION AND CONTRACTION ENGRAM PROCESS –
Alternately expand your beingness space in all directions at once until you encounter a read. Hold that space while the secondary and engram runs out, then contract your beingness space until you encounter a read. Hold that contraction while the secondary and engram runs out.

CHAKRA 9 EFFORT

EFFORTINGNESS –Ability to confront without tensing - Freedom from tension -. This process runs out the counter-effort button permanently. Counter efforts are compulsive muscular tensions once used in fighting during engrams in the past. Muscle tension is a very poor tool in a real fight, by the way, especially when it is on automatic.
EFFORT PROCESS – Assess the Personal Charge list, and audit with Recycling Description processing. During the months when you are passing through the tone levels, of chronic efforting, this process runs out the terrific muscle tensions of desperate struggles and the accompanying engrams.

CHAKRA 10 NEGATIVE EMOTION LEVEL

NEGATIVE EMOTINGNESS LEVEL

EMOTINGNESS DIRECTED AS A WEAPON AT THE CAUSE POINT OF THE ENGRAM

NEGATIVE EMOTINGNESS – Ability to project presence - freedom from hatred – When a being is betrayed and injured, that being postulates malevolence in great volume. Malevolence is a postulate that harm come to some attacker. By placing hatred around an opponent, harm is drawn to him. A being who has had much hatred (counter-emotion) thrown at him is aware of the harm which now seeks him. Such a being would often save himself by a long period of servitude, and penance, and prayer.
Gloaters again - A being who is totally overwhelmed by hatred deposits, might choose to reverse vector by pulling in hatred instead of pushing it away. Such a being becomes a gloater, a criminal who surprisingly escapes justice, and who reverses good and evil in all he says and does. Gloaters gain power from the curses of their victims, (Negative spiritual power) by collecting malevolence. Gloaters, if not cured, rapidly go down tone to - 40.0, blacken, solidify, and combine with other black physical matter at some time of trauma.

HERE IS THE PERMANENT CURE FOR THE COMMON COLD (TESTED, AND PROVEN). THIS PROCESS HANDLES MUCH MORE THAN COLDS.

COUNTER-EMOTION PROCESS (for the negative emotions) – assess items from the Personal Charge List. Audit the items using Repetitive Recycling Description Process. The process is run exactly the same as the Counter – Effort Engram Process. The difference is that the being, because of higher tone level, compulsively blows counter-emotion instead of compulsively blowing counter-effort. The counter-emotion is compulsively used as a weapon against the attacker, or injurious factor in the engram incident.

At this level, one effectively erases electroshock treatments, all manner of Psychiatric implants, and incredibly violent attacks on one's person. When you run your first electroshock treatment, it may take two months of full time auditing because it will be scrambled with perhaps ten similar heavy incidents. Just keep running the engrams out of all the incidents as they turn up. As the pain disappears, the separate incidents will all unscramble. Later on, electroshock incidents will run out more and more easily, until it is an easy chore to erase them.

Colds and flu are caused by emotional shock engrams, not by viruses. You may have dozens of common cold reads, which you will encounter from month to month in your personal charge list. Each read will have an incident. You must erase them all. No more colds, ever. An individual has a limited number of emotional shocks on their track, of the specific sort, which causes a cold. Heavy restimulated emotional shock actually kills a bunch of weak body cells, and curdles fibrinogen in the blood. The runny nose is the body expelling the thickened fibrinogen in the form of mucus. A cold, or flu, and possibly sore throat, sets in, within less than a minute after the emotional shock is restimulated.

Neither Flu, nor colds go around in the so-called flu season. After Christmas, Suppressors go around serving up emotional shocks to all their associates to return them to their normal PTS conditions, and to neutralize all that Christmas happiness, and good will.

It looks like the seasonal flu shots are a fraud, perpetrated at an enormous profit. They have not found those flu viruses, in my opinion. In fact they appear to be part of an international genocide program. Tens of thousands die every year from immunization shots. Millions go into chronic fatigue syndrome. Chemically brain damaged children become retarded, or crippled. The shots have been found to contain debilitating doses of mercury, and formaldehyde and hundreds of live monkey viruses, which survive the processing. Senile dementia appears to be on a rapid rise. Most of it may be caused by immunization shots, causing severe brain damage in the elderly. It was proven that vaccinations caused Gulf War Syndrome. The Canadians were hit hardest, because they had more shots. Virtually the entire Canadian contingent was disabled for life.

Why would they contaminate immunization shots with the neurotoxin, mercury, also formaldehyde and all those other debilitating, and evil substances? Read the Protocols of the Learned Elders of Zion, an

outline of genocide plans falsely ascribed to a group of Jews. There is every reason to believe that the Protocols are being currently applied, worldwide, by Reptilian One Worlders, who prefer that Planet Earth consist of a wilderness, inhabited by very few people; a savagery secretly ruled by a super-technical elite.

THE NEGATIVE COUNTER-EMOTION PROCESS.

Keep repeating the concept of the charged event.

Do Repetitive Recycling Description Process and continue repeating.

Misemotion will blow off as theta yelling, or screaming, and as theta exterior touring. You will go as self or remote viewpoints on travels to distant places, planets, etc and back; as part of blowing charge.

When a lot of charge is gone, you may contact and blow gloaters at various times in mid session.

Return to repeating the concept, and recycling description process, and flatten all engrams, all screaming and all touring. The next to last phase of auditing each of these items is a sort of TRO phase. The R+R, is done with TRO in. You hold your position stably, merely confronting the engram charge while you reread over your notes. The last phase of course, is a final rereading with no charge at all.

CHAKRA 10 CONFRONT LEVEL

POSITIVE EMOTINGNESS LEVEL – EMOTINGNESS DIRECTED AT OWN BODY PAIN

THE POSITIVE COUNTER-EMOTION ENGRAM PROCESS

The process here is Repetitive Recycling Description Process, the same as the Negative Counter Emotion Engram Process, except, due to your higher tone level, your reaction to the process will be different. Continue to run your personal charge list. What differentiates Positive Emotingness from Negative Emotingness is that your counter-emotion is now directed at pain facsimiles, with the intention of repelling those facsimiles, whereas at the Negative Emotingness Level you used counter-emotion as a weapon of counter attack, against some individual, or physical target. When you blow enough charge from this level, your EP will be that you cease to throw counter-emotion in session, but will, instead, use your theta perception as the primary weapon against the bank.

UGLIES PROCESS

Ugliness stuck onto beauty is an engram sandwich. Psychotic entertainment, like rock music videos compulsively layer horrific ugliness onto beauty. Use VCR recordings to pause and repetitively rerun any restimulative footage. Run out the beauty, and the ugliness will blow off, after the engrams erase with 8-80. This process is still experimental.

CHAKRA 12 PERCEPTION LEVEL

The self-auditor knows he has release on the Counter-Emotion Level, and is beginning on the lookingness level, when his big burden shifts from counter-emotion, to concerns over insufficient perception of the engrams. “I can’t see this engram very well. I can’t hear this engram very well. etc.”

BLOCKED PERCEPTION PROCESS – PURPOSE – TO RESTORE FULL THETA PERCEPTION, AND EVEN RESTORE SOME BLOCKED PHYSICAL PERCEPTION.

The proper KM level for this process is not certain. It is placed here at a guess.

One way to stop engram restimulation is to block perception, and especially Theta perception. Postulates, which block perception, gradually accumulate until a person does not perceive much at all, and goes into a human state. If one runs the engram behind the blocked perception, then the reason for the blockage will no longer exist.

In the hope of achieving full perceptics, here is an engram process, which will gradually increase Theta perception. Apply this process to lists of all kinds of perception, like, all colours, all emotions, all perceptics from LRH’s list of perceptics, Any class of observation, or any other thing you can think of.

1. Conceive blocking the perception of.....Item. This command will restimulate perception engram incidents, which one did not want to perceive.
2. The blocked engram incident will appear.
3. Run the engram incident using Repetitive Recycling Description Process.

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THE BLOCKED PERCEPTION PROCESS

Now and then, in order to prevent engram restimulation, one postulates a block on some perception or other. You may perceive

something quite well, until a blocked perception postulate activates. Some perceptions may be permanently shut down.

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1. Conceive that a perception, or perceptic is blocked. Example: Conceive blocked perception of cold wind, or conceive blocked perception of the colour red.
2. Run the restimulated engrams with Repetitive Recycling Description Process. Apply the process to all perceptics, all tone levels, and all theta perceptions. If you are exterior, hopefully, you will eventually gain full exterior perception with this process. Audit blocked perception of the entire Scio list of Good Indicators at Lower Levels, and the list of bad indicators as well. This will improve your obnosis, for auditing others, as well as give you very valuable sensitivity for interpersonal relations.

People often postulate a decrease in perception so as to prevent restimulation of engrams.

BLOCKED PERCEPTION PROCESS

Start with objects which are here in present time. There will be a lot of theta perception, which one may revive.

1. State, to yourself, Blocked perception of .....Item.....
2. Erase the engrams which appear.

Apply the process to the entire list of perceptics, to all colours, to all emotions, to flavours, and aromas, the Scio list of Good indicators at lower level, the list of bad indicators at lower levels. Obnosis of people is perhaps the most vital sort of perception there is. You need it for all successful interpersonal relations. Holistic health practitioners need this process to observe the hundreds, even thousands of diagnostic indicators. You need to perceive, countless indicators regarding your own body, so that you can treat deficiencies, and organs when they go off optimum function. One valuable obnosis to work with is the signs of life, and death in a body. Detective, trackers need to obnose. Executives need to obnose to be instantly onto org indicators, so that they can handle situations before they clobber the group. Lovers need obnosis.

Blocked perception of an Affinity? alternated with Blocked perception of a Repulsion?

Blocked perception of someone's ridge?
Blocked perception of mimickry of a ridge?
Blocked perception of a dispersal?
Blocked perception of an impersal?
Blocked perception of a flow?
Blocked perception of any of the dichotomies, alternated from side to side.
Lots more questions can be compiled for this list.

CHAKRA 13 VIBRATION LEVEL
SUPER POWER LEVEL

KNOW ABOUT LEVEL – THE ABILITY TO DEAL WITH ALL VIBRATION FREQUENCIES, AND THE PERIODICITY OF ALL CYCLICAL ACTIONS

There are hundreds of octaves of vibration and cyclical actions in this universe. Toning, and aromatherapy, colour harmonies, zodiacs, etc.cover a very small range. This level seems impossible without a full return of all theta perception, of those octaves. I suspect that LRH's original Super Power process had to do with this Level.

The only process I have for this level is called Toning. Toning currently covers the seven or eight octaves of audible sound, but with expanded perception it should certainly work with all those hundreds of other octaves of energy. That is the current theory of it.

TONING DEFINED – Repeatedly making steady vocal sounds of frequency sympathetic with a targetted organ, for healing or improving the health level of a specific body part.

You can tone at someone else's body, as well as your own. It is possible to treat any organ or body part, and to erase engrams in any part of the body. You focus attention on a body part, then raise, and lower voice frequency until you feel that body part start to vibrate or otherwise respond. Get the pitch just right for ningles, and for engrams to run out, then continue toning to increase metabolic tone level, and improved metabolism. When you have treated a body part with one musical tone, you may shift to harmonics of that tone, and you may also tone the parts of chords, which can be formed on a basic tone for that body part. If you tone the frequency of a toxin, or of a disease germ it may vanish, because of the duplication phenomenon. If you tone the frequency of an organ, it seems to respond with raised tone level. Maybe it wants to dance.

Toning restores metabolic processes, which have been knocked into chaos by some stress factor. Parkinson's disease was successfully treated with this technique. Perhaps unwanted fat can be metabolized fast with toning. Perhaps most forms of metabolic decline can be reversed. If rock music can made you sick, then toning might reverse that

You can develop terrific singing ability with this exercise. A healthy body sings beautifully.

CHAKRA 14 SELF LEVEL

NOT KNOW LEVEL – THEORY - ability to know and unknow – Run Waterloo Station as an engram process. There are probably many variations on this process, and other processes at this level.

L10 – THEORY – LRH indicated that beings now and then make postulates to decrease their own theta power, and that of others. That would apparently be done by the postulates to not know.

L10 has the reputation of being the hottest and greatest Scio process ever. This process is said to produce immortality when run on OT3s. It achieves different results at different release levels, and originally took 30 hours or so of formal auditing. It is said that the longer you are on L10, the greater the gains. If L10 is self-audited as an engram process at this level, it may take a year or two of full time auditing. Nearly every question produces days of heavily charged sessions. The self-auditor runs L10 very deeply at this level of release. It is hard to imagine the gains available from an entire year of Engram style L10. Let us hope someone gets through it soon to tell the story.

The L10 question lists are available through links from Operation Clambake, and many other web sites set up by ex Scios. The reads are run earlier similar as locks. Then a somatic will appear. Then look earlier to run the engram, which caused the somatic. Engram incidents are contacted very quickly. The engrams are run, by Recycling Description Processing. Postulates to lessen one's own beingness run out, and erase with the engrams. This process is awesome. Nuff said.

CHAKRA 15 KNOWINGNESS LEVEL

When you can solve everything by just deciding to know, then you have arrived. You as-is anything by mocking up a perfect duplicate of it. I suspect that you will not comfortably remain out of this physical universe until you have the ability to build and maintain your own universe. In theory, Engram style Creative Processing will restore that ability sufficiently so that one may, indeed, depart from this universe at will.

CHAPTER 11
THE SEVEN GRACES AUDITING PROCESSES

GRACE 1 (G1) ETHICS

The product of this Grace is a largely extended life space to maneuver in, lots of free will, and lots of willpower. Auditing this Grace has cured sugar addiction, and I assume that it can cure smoking addiction as well. Unfulfilled dreams are made workable, because personal intention is freed. Perhaps you always wanted to take a trip to India or some such thing, but never found the time. No guarantees, but a lot of dreams are coming to reality.

A lot of children think that when they grow up, they will feel dignified, but often that dignity just never comes. Now you can have lots of personal dignity. The affrontations auditing of Grace 1 gives a vast amount of personal dignity.

ALL OF GRACE 1 IS PROBLEMS ENGRAM PROCESSES. THE GRADE IS APPLIED TO SEVERAL SUBJECTS LISTED HERE:

1. Q AND A PROBLEMS
2. THE SCIO GRADE ZERO COMMUNICATIONS PROCESSES, MODIFIED TO RUN AS THIRD DYNAMIC ENGRAM PROBLEMS PROCESSES.
3. ETHICS REACH PROBLEMS, AND ETHICS CONDITIONS
4. AFFRONTATIONS
5. THE TARGET SERIES
6. AUDITOR TRS Auditor Trs training drills are engram processes, which seem to fit here. I put them at the end of Grace 1, for now, possibly permanently.

PROBLEMS PROCESSES
free will, willpower, spontaneity, social and physical freedom of movement, and interaction.
Later at this level, you do Engram Style Auditor TRs to a level of perfection.
ABILITY TO GRANT BEINGNESS – ABILITY TO CONCENTRATE – ABILITY TO COMMUNICATE EFFECTIVELY – COMMAND INTENTION

PRODUCT – freedom from unconscious impulses, balking, Q and A, and hypnosis
FREEDOM FROM – Q and A, the subconscious, the hypnotic.

THE UNCONSCIOUS, OR SUBCONSCIOUS MIND – DEFINITION – ignored postulates, from the past, which may impinge on present life. Due to the length of the whole track, there are engrammic postulates in the subconscious mind, to do, and to not do any and every conceivable act.

Q AND A – DEFINITION – any interference of the conscious will by unconscious mind, or from another point of view, Q and A is the compulsive dramatization of Ethics Freeze (Grace 1) engrams, or problem engrams.

People, who Q and A, like to be supervised, when doing exercise, or working, because that way they will persist until the job is done. The self-starter needs no supervision because he does not Q and A. He can be his own boss, and be a successful entrepreneur.

The subconscious mind (or unconscious mind) is generally much more powerful than the conscious mind, even in the Clear, much to our surprise. NLP (so-called Neurolinguistic Programming) is a typical technology of manipulating the subconscious mind, and placing control factors into it. NLP can destimulate a serious phobia in minutes, and that cure may last for a lifetime. NLP can be used for thought control but it cannot erase any of the subconscious mind. It can only rearrange ridges. At this level of auditing you erase manipulative control factors of hypnosis, subliminals, and NLP.

It is interesting that you cannot erase the conscious mind. Shrinks wish they could erase the conscious mind, and many experiments have been done in the attempt. Those experiments failed utterly because the conscious mind does not consist of physical substance. One can only clutter it temporarily with the unconscious mind.

If a person is unconscious, you either wait for the unconscious mind to clear away, or do a variety of assists to clear it away faster. Unconsciousness is only when the conscious mind is clogged with unconscious thoughts.

EVERYONE IS SATURATED WITH POSTULATES COUNTER POSTULATING THEIR PRESENT TIME POSTULATES.

LRH said that the power of postulates comes from the first postulate

Ridges are dead postulates, plus engram facsimiles, accumulated into masses similar to the wavy ripples in river bottom sand.

. LRH said, that humans are mostly controlled by their ridges. When a body ages, it pulls in more ridges, thereby gradually nullifying free will. Senility of the mind is mainly ridges closing in. The arms and legs slow down and cease to obey the will. One gets more and more set in one's ways. Perhaps half the problems of aging, are caused by accumulations of ridges. Eventually one finds it impossible to exercise at all. Lack of willpower is one form of Q and A, man's deadliest disease. Hypnosis and all those mind controlling systems work by manipulating one's ridges.

Motivating people is practically a major industry. Coaches give pep talks before the game. Athletes hang posters of their heroes for motivation. Athletic teams have professional Cheerleaders. Salesmen hold weekly pep meetings. Millions of people take motivational courses.

Millions attend twelve step programs to gain personal control over mere alcohol, or drugs.

Motivational courses are all crap. They work by temporarily moving ridges away. Some ridges will always move back into place, and you will run into them hard. About one person in a hundred sticks to a personal physical exercise program after age 40. Forcing your self to be enthusiastic, and forcing your self to work out vigorously in the morning is just not practical for very long.

Postulate processing permanently solves ridges. It erases those ridges, quickly and easily. It is like a meditation before doing a hundred pushups, which one dreads. Sometimes the ridges are so close, and so strong that you cannot move an inch in the direction of your conscious postulate. You can start auditing right there.

THE WEAK POSTULATE PROCESS

THEORY:

Whenever we do not want something to exist, we should make a perfect duplicate of it. If you create enough weak postulates, and handle them right, you will end up with the opposite, which is strong postulates. Whenever we think our postulates are weak, it is because we are encountering engrammic counter-postulates, from the past. The way to restimulate counter-postulates on a nice gradient is to knowingly make weak postulates. Then the counter-postulate ridges will spring up, one after another, to oppose your weak postulate. When they appear like that, they are in a perfect position to be erased by scanning.

When you run out enough of these old counter-postulate ridges, you will discover that your postulates in present time are pretty strong.

When one erases enough reads, one suddenly, spontaneously gets to work, or otherwise follows the present postulate, feeling light as a feather, at least for the moment. It will be easier to get those pushups done, every time an applicable ridge is run. Since willpower and concentration are required for exercise programs, the processes of this level and the next level are both prerequisites to the physical exercise engram processes at Mystery Level.

There are many kinds of ridges. We are, at this level concerned with those ridges which specifically cause Q and A. We want to get our lives back. An individual should be able to make a postulate, about his present life, and make it stick.

A ridge may contain hundreds of engrams, and it may trigger regarding hundreds of subjects. You may clear ridges regarding Q and A regarding walking the dog, but you may notice, within a few days, that the auditing has improved other areas of life. The experience of expansion of one’s willpower over a wide range of subjects is very refreshing.

DO NOT EXPECT THIS AUDITING TO MAKE YOUR WISHES COME TRUE INSTANTLY. You choose any life target, which has failed, and you may audit those problems engrams off and on for months, without having achieved your target. Some life targets have

perhaps dozens of charged sub-targets, which are also blocked by ridges. It would be nice if one could list all the charged sub-targets in one sitting, but it is typically impossible to think of them all in one day. Much of the charge can only be discovered, by living your life.

Q and A Ridges have two sides, an engram motivated "not do" side, and an engram motivated "do" side, pushing against each other. One side causes balking. The opposite side causes compulsion. Ridges are best erased by alternately holding a postulate to do, and then a postulate not to do. The auditing of one ridge may take a few seconds, or it may take days. This process runs very well ambulatory, without taking many session notes, except for what activity is being run, and in what area.

Pacing toward and away from the area of the Q and A concern is a good way of keeping concentration on this particular process. This level frees both one's decisions, and one's actions.

THE WEAK POSTULATE PROCESS COMMANDS

1. Make a weak postulate to do anything, (which you can do in your own time, and space, like wash your dishes, or clean out some cupboards, or one of ten million other things, which you could procrastinate about.)
2. Proceed weakly with your postulate until you hit a ridge, (which will usually appear instantly, before you move more than an inch or two.
3. Erase the engrams, and counter postulates until you begin to move again spontaneously.
4. Continue the task weakly, until it is completed, and all engrammic ridges are erased along the way.

THE WEAK POSTULATE PROCESS – COMMANDS - RESTATED

1. Make the wish to do something, or not do something.
2. Lightly follow your postulate, while looking for a read of a counter-postulate engram.
3. Pause in that position, and erase the engram, and the counter-postulate.
4. Lightly continue following your present postulate, while looking for the next read.

ANTI- COMPULSION PROCESS (THE OPPPOSITE PROCESS TO THE WEAK POSTULATE PROCESS.)

THEORY:

Compulsions are nothing but engrammic postulates. A housewife might watch soaps compulsively.

THE ANTI-COMPULSION PROCES COMMANDS.

1. Get into a time, and position, where the compulsion will occur.
2. Restimulate compulsion engrams, by resisting the compulsion weakly. The engram facsimiles containing the compulsive postulates will appear.

3. Scan out these engrammic postulates..

THE HESITATION PROCESS – ANTI Q AND A PROCESS COMMANDS
1. Go to a new area, and make a postulate to so something new, and pleasant, like taking a slow walk through the scenery. (Old areas are full of old habits, which can take over automatically.)
2. Proceed slowly, and lightly.
3. The reads to watch for are any tiny impulses to hesitate. (They might come quite frequently, like every five or ten feet, at first).
4. When you get a tiny hesitation impulse, pause in that exact position, and scan out the engram incident, which causes the read. You will often find you have passed an instant read a step or two back. When that happens, walk backward that step or two, and you will find your read, still there, waiting for you.
5. Stand in the exact reading body position, until you erase the engram.
6. Move on til you contact your next hesitation read.

These reads are too light, and fast running to keep detailed records. Just note each general activity, which you clear of reads. This process will deplete your havingness very fast. It seems that the best HAV process is to read over the unrun items on your personal charge list.

You will probably encounter fears of being accused of loitering, while standing around doing this process. Run those fears with this process. Occasionally, you may be told to move on. So what. There are lots of sidewalks from which you can admire the local buildings. This process can run for months of happy tourism.

ENGRAM STYLE 3D RANDOMITY PROCESS –COMMANDS FOR PROBLEMS ENGRAMS, GRACE ONE
1. Pick an area where you have an uncomfortable lack of randomity. Eg, can't think of anything entertaining to say, or do, or cannot think to vary your behaviour. You might putter around, at some job, in the yard, while looking for ways to do that yard job with more randomity. Some engram incident will restimulate, when you push against those mental walls.

If you wish to do this at your place of employment, you must be quite free in order to putter around for some time. If you are constantly supervised, and not allowed to putter, and play, like a child at certain times, then the process is impossible at that place. This is the curse of adulthood, for many. As a child, I used to look at conservative, controlled adults in perfect suits, and feel some sort of hidden horror, knowing that all day long they never got to play, not even for a second. Please don't let that gloom fall upon me. Now, it is plain that they drastically shortened their lives, and harmed their souls, by behaving so rightously, and correctly. They got cancer, or got addicted to medical drugs, or alcohol. They could not even take a run around the block, for the exercise, which they desperately needed.
2. Locate an engram incident where you were forced into that kind of low randomity, by mentally pushing at some postulated limit on your options.

Run the incident with RRDP. (Repetitive Recycling Description Process), E/S. Also assist the process with Body Help, and Go Deeper commands on the somatics,which will appear opposing the increased randomity.
4. Keep running barrier somatics, until your freedom in that area is at a satisfactory level, then move onto some other life area. Look for some curiousity, which you never satisfied, then audit until you can indeed satisfy that curiousity.

AMBULATORY BEING THERE

Do you ever get the illogical feeling that you should not be somewhere? That is probably engram charge, which should be erased. A lot of people quit jogging, tourism, visiting, rambling, and walking about because of charge on being in various places. Some feel that, as adults, they should not be seen running. Teenagers generally feel very unwelcome all over town. Some people feel they have too much social status to be seen in certain shops. When it gets bad, the shrinks call it agoraphobia. Not being able to be somewhere is the opposite of good TRO.

A man took a travelling vacation of several hundred miles, and he thought he was exploring at random, chatting with people, and sight seeing. Eight years later, he took another vacation, visiting towns along the same main road, doing some more exploring, he thought. A week or so after his second vacation, he started scanning where he went, and what he did. His memory started returning with a lot of surprises. He had unconsciously stopped at all the same places on his second vacation as on his first vacation. He had usually ordered the exact same meals in the same restaurants, met many of the same people, after eight years, and had spoken the same conversations to them, almost word for word, in the same geographical locations. He realized that both he and the people he met, were living only where the bank said it was okay to be. Auditing, the subject of where not to be, will expose so much charge that you suddenly see that you are living your life in a spiritual matchbox, with very little free will at all. Taking a job with a lot of travel, and living in a different city every year will only briefly free you from your mind. Only auditing will do that permanently..

When you complete the processes of this level, you should have a truly vast living space. You should also be noticeably more physically fit, because of the expanded freedom of movement, and expanded range of activities. Your bank will be weakened because it will be diluted with a lot more space.

BEING PLACES PROCESS – COMMANDS
1. Put on warm clothing, if in colder climes.
2. Walk about, looking for places where you feel you should not be.
3. Pause in the specific geographic location (a specific spot, in other words) where you feel the charge affecting your body. Some places, really are inappropriate to be at, like sitting on the roof of some stranger's sports car. You may audit such spots safely by projecting a concept of being at

that spot with an imaginary body. Concepts are invisible, and no one will mind.

4. Scan the engrams which caused the charge.

Wander around to locate more charge. If you do this with a meter, you should definitely get reads on those charged spots. Those spots restimulate engrams which can be easily scanned out while hanging around at or near the spot. There will be lots of charged areas around.

People will start conversations with you when you do this process they will feel that something is going on. Scan out their vectors, and you will know what they want Refer to the following notes on Vector Management. Have pleasant chats with these people. You can as-is the reasons for their vectors. Ask them if they are thinking those thoughts. With their Vectors scanned out, they will not mind you being there, and thereby, you can get more auditing done in the area.

This process can be run far and wide until you have freedom of movement.

GENERAL Q+A LISTS TO AUDIT

If you are persisting at something, you may audit the Q and A of not persisting. If you have set yourself a target, you may audit the Q and A of not persisting to achieve the target. Hence, the Target Series applied to your life provides excellent auditing subjects for this process.

Frustration is an annoying drop in tone level because of the restimulated possibility of going into Q and A. Frustration over traffic occasionally gets so bad that drivers get out of their cars and kill each other. When frustrated, find out what prior Q and A the frustration is restimulating, and audit that ridge.

Look at the job jar in the kitchen. Every one of those delayed jobs probably have Q+A engrams with, or without geographic orientations. This looks like a process, which will change one's entire life. Those untidy areas are Q+A. Those unanswered letters, and so on. This process can be applied all over the place. Do not forget to audit all compulsions, as they are the other side of the Q and A ridges.

You may audit the Org Board, and all its functions and sub functions, wherever you find Q and A, or compulsion. Consider jobs to be collections of wishes (postulates). Break down every job, into a list of wishes to do. You might make a high-powered executive out of yourself.

Decide what you want, proceed until you balk, audit the postulates and engrams out of the ridges.

You have been and done every profession at some point on the track, so, you can find charge almost anywhere.

ANTI Q+A DRUG ENGRAM PROCESS

This process might be excellent for helping druggies off heroine. Since the druggies would probably not be Clear, it would, in such cases be professionally audited. Perhaps a certain percentage of druggies, who have made it through the program, can be redridi auditors (read it, drill it, do it). They might spend a while auditing addicts who have not yet made it.

Assess junk food, drugs or any toxic foods or drinks, which you know you shouldn't take. This process can also be reversely applied to healthy foods you know you should take.

1. Determine ahead of time to go all the way through the discomfort of the session. (This level is particularly prone to Q and A)
2. Spot a geographic location where the craving, (or revulsion) impulse hits your body.
3. Stand at that geographic location so that you feel the craving real good.
4. Remain motionless while running the food engrams, which will flow at you.

The session will be quite short. It might take several sessions to establish control over one substance. This process may be done at a distance, by just imagining yourself at the spot where the craving turns on.

Often there is a series of geographic locations to run. After you have erased the charge from near the candy counter, you may have a charged geographic location out on the sidewalk where you decided to turn to walk into the store for some candy. If you do not run out the sidewalk location, you may find yourself repeatedly entering the store, to look at the candy counter, and walking out without buying, and then wonder why you are doing this.

EP of this process should includes ability to maintain a totally healthy diet. Due to Q+A, many people take their supplements, and choose healthy foods, then celebrate their healthiness with coffee and sweets, etc. One will eventually discover that it is impossible to take a single out ethics meal, or a single out ethics drink without perceivable physical repercussions. Missing one's nutrients always causes deficiencies which are obvious to the senses. Any single feeding of junk food produces sickness and somatics, detectable by a trained observer. A body needs so many nutrients, that it requires excellent quality, and supplemented food and drink one hundred percent of the time. No segment of Earth society is presently geared to provide a truly healthy diet. Perhaps that might happen in the near future.

AUDITOR TRS, AND VECTOR TRS

It appears that there are two kinds of TRs. Auditor TRs work best in the theta universe, and in auditing, especially when you want duplication. Vector TRs work best in the mest universe. So long as we have the two classes of universe, we will need the two kinds of TRs.

It is a lie that Auditor TRS enable one to handle every social situation. They are especially lame in a 3rd Dynamic below 2.0. Auditor TRs will get you by, with moderate success. They are vital, for auditing, but if you want a lifetime of social failure, just add all the social rules of polite society to Auditor TRs. (Please, Thank you, May I please have this dance? and crap like that.) Those who work the society game effectively

will sneer at you because you just don't get it. You will be that inhibited, nice person with no particular faults, who never gets anywhere in life.

MORE THAN ONE DEFINITION OF ETHICS.
ETHICS – DEFINITION 1 – Reason and contemplation of optimum survival across the dynamics – is a true and valid definition of ethics for many excellent purposes. .

ETHICS – DEFINITION 2 – Ethics is the beingness of a person going up the bridge. Those with a long history of out ethics go into denial of the horrible fact that they are in a state far removed from the Bridge, so much so, that they eventually go into wild blathering lies that they are so very aware, and spiritually powerful, instead of dying. No, not me, they say. Such a pity.

ETHICS – DEFINITION 3 – The technology of increasing the reach of one's communication.
People do not listen to you when your ethics are out.
People who do overts are systematically barred from more and more communication.

ETHICS IS NOT THE SAME AS OBEDIENCE

Demanding obedience of someone while hiding technical knowledge of the whys, is a favourite form of oppression.

OBEDIENCE, AND COMPLIANCE ARE NOT NECESSARILY RESPONSIBLE WORKMANSHIP

Scio execs demanded obedience and compliance at the expense of sanity, efficiency, and quality. If you give me orders all day, you had damn well better be ready to listen to what I have to say about those orders. They can't always be correct orders, and you had better realize that right from the start. A one-way flow of orders and demanding compliance, and a demand of non-communication from a junior, is a serious situation, which must be denounced immediately, when it starts.

THE BIG ERROR IN THE SCIO ETHICS FORMULAS

The ethics formulas were written from the viewpoint of effect, and the entire Scio purpose is to become cause. The philosophy of ethics formulas is correct, and in fact vital, but taking the effect viewpoint strips a Scio of the benefits, and the result is, oops, slavery. Psychotic Scio management wanted passive, easily manipulated underlings, and the effect viewpoint of Scio ethics nicely produced those underlings.

If I follow these ethics formulas, people will think I am a nice guy (nice victim, that is).

Then they will treat me good. (If they damn well please).

If I follow the ethics formulas, I will eventually reach a power condition (You should live so long.)

If I follow the ethics formulas, and write CSWs, I will be cared for, and get cooperation from seniors. (A sucker should never give himself an even break.)

At Nonexistence, one is told to find a comm line. Bullshit. Open a comm line whenever you damn well please, or just outright ask for one. "Can we talk?" So you may fail to get a comm line. Fine. Now, you have something to audit, if that communication is charged.

At Nonexistence, one is told to find out what is needed and wanted. Bullshit. One can plainly see what is needed and wanted most of the time. What about your needs and wants? Tell the manager what you want to do for him. "Hello, are you the manager? I want to weld steel trusses for you." If he does not need a welder, you do not need him, now, do you? Pause. He will look at you briefly, or think briefly on the phone, and then probably ask you into his office. (Most businesses have worthless staff, which they have been wanting to replace for a long time, or they might be expanding, so your chances of being needed are usually pretty good.) You must admit that is more causative, than begging for communication. "Please Sir, may I talk to you for a minute about a job?" When that manager takes you into his office, under causative ethics, he has almost agreed to hire you before the interview has even begun.

You can tell during a job interview the very instant when you failed the interview. You will sense the read, which will come instantly after you have said the wrong thing. Make a note of that, and next time, have a better approach to whatever question blew the interview. What blows an interview is usually not what is discussed, but one's negative attitude toward what is discussed. The interviewer looks for reads too, and a negative moment is the read, which loses the job interview. When you have done the interview without any negative reads, you ask, "When do I start?" That is far, far better than waiting to be told to deliver what is needed and wanted. It is called Dynamic Ethics because it works like Dynamite.

At danger, one encounters both personal inabilities, and barriers to doing one's job. Most supervisors these days are not hatted to handle the fact that the new man does not know all the procedures, and all the glitches. Okay, new man, always check that out, and be sure to hat your supervisor if necessary. The supervisor must be ready, and willing, to get over there, as soon as the new man calls him, with a problem. It is okay to talk directly to the boss about such matters because both your stats, and the boss's stats depend on rapid handling of glitches. If the boss does not realize that, then tell him directly what dangers he is causing, by not staying in communication and not explaining the few things, which are needed. If he is suppressive, or badly degraded, he will not accept the hatting, so it is best to inform his supervisor, and quit, immediately, if that does not resolve the situation. Quitting, because of a crazy supervisor is very healthy for both you, and the organization because now they know to handle that supervisor, as they should have done in the first place.

Many groups will simply not allow you to get into communication with the terminal you need. What a perfect indicator of suppression. Just

look at who is thwarting your communication, and know that they are either PTS, or SP. Then decide whether to dump the group, or handle the suppression. The Flag Land Base, showed that it was totally unable to handle PTS individuals because it routinely kicked them off the base. The management at Flag Land Base was also bounden dedicated to thwarting communication. They would not have appreciated being informed that every single person on that base was PTS due to bad management, and suppressive mismanagement.

It is impossible, impossible, impossible to get into a higher condition, without bringing your juniors into a higher condition, and if a senior is always hollering at his underlings, then that senior will never get above danger, no matter how many promotions he unjustly gets. Hollering is very okay, during a dangerous moment, of course.

At Emergency, you need cooperation to get your stats up. If you are put under stress to get your stats up, and have no cooperation from seniors, for a few echelons above you, then, immediately downgrade your condition, and their condition, to Danger.

If you are capable of an honest day's work, then you are a valid, and valuable being. No one should put you down, nor treat you with disrespect, when you are not playing games where you can put each other at effect.

At Normal, you need the right to change things, on a comfortable gradient, to get your stats up. Seniors must be able to duplicate those gentle changes, and improvements. Make sure that you are not confronting with a ser fac, when dealing with a senior. No social bullshit allowed here on any flow. Tolerate none of this idea of improvements allowed for some, but not for others. Is this a team, or isn't it? Favouritism, and cliques equal a reason to downgrade the situation to Emergency. If Emergency doesn't cut it, lower the condition to Danger.

CAUSATIVE ETHICS = DYNAMIC ETHICS

The Scio ethics formulas must be rewritten with a viewpoint of dynamic personal causation and an up-tone go get it attitude

Causative Ethics brings a ten fold or so increase in the potency of ethics formulas. Those people who tear on through a society, and achieve promotion and status more or less overnight are not necessarily very smart, nor very strong. They are applying Dynamic Ethics. People are astonished when you apply Dynamic Ethics, but it is ethical, so why not do so?

The main substance of the charge on Grace I Problems Process would be Ethics. Application of Dynamic Ethics Formulas was nearly impossible for the majority, because the steps restimulated earlier similar times when one tried to apply Causative Ethics and received problem engrams in return. You must clear your case on the subject. You can run problems engrams on any causative ethics situation, and ethics magically goes in, and some PT suppression ends. Awesome. If you run Grade I regarding ethics, long enough, the Suppressors involved, would contact you, like magic, as LRH said. I once had a dying suppressor travel

thousands of miles, just to let me know that he was now sorry, for what he had done. Sometimes they might even come in a dream. Continue until you get a permanent release. At the end of 3D Grade I, one should have the ability to apply causative ethics all the time, a wonderful introductory OT state.

Bad ethics control has, for trillions of years, been preceded by a blow. “Smack! Don’t touch that, kid, or I’ll hit you again.” Engrammic ethics is intended to be misdated.into the now. “If you think of doing that, you will feel this pain.” For that reason, every ethics engram scanned, should be dated and located. At this level, it is easy to do dating and locating without a meter. Ethics Engrams 3D Grace I process will greatly straighten out your track

Ethics Processing will make it very easy to rise in life. Who has not longed to be a king, a movie star, a manager, or high-ranking individual from time to time. Some beings project a lot of ethics presence; when they walk into a room, but their potential may not be realized, due to Ethics Problem Engrams.

Even Kings want to turn over their hats, and move on to other things, so such posts do come open from time to time. Just for fun, since thetans are not solid, any number of beings may occupy a throne at the same time, which makes for interesting politics.

THE EP OF ETHICS REACH AUDITING also called ethics freeze auditing, is probably certainty of being able to work up to an ethics condition of Power, in a Third Dynamic of one’s choice. The more power terminals a third dynamic has, the better it thrives.

You have many Third Dynamics, so you will never reach Power in all of them, at the same time.

Suppressors thwart communication as per “How to Live, Though an Executive.” They are incapable of duplication, and that alone thwarts communication. If you lessen someone’s communication reach, you automatically lower their ethics condition. Orgs currently specialize in that. Reversely, an executive’s real job should be to make it as easy as possible for effective communication to occur within the organization. In a PTS org, one is very aware of group pressure to lessen communication reach.

A high ethics condition means a lot more TA motion per day, so get there, as much as possible.

CAUSATIVE ETHICS AUDITING – PROCESSES AND COMMANDS

These processes are all run as self-audited engram processes until flat. Each process may take weeks, or months.

CONFUSION CONDITION – PROCESS COMMANDS
1. ASSESSMENT – Assess for charge on a confused area.
2. Repeatedly conceive reaching to that confusion with attention.
3. Run the engrams which appear.

TREASON CONDITION – PROCESS COMMANDS

Do the reach and withdraw process, and the ambulatory reach and withdraw process in many locations, as an processes.

ENEMY CONDITION – PROCESS COMMANDS

1. Conceive reaching and withdrawing regarding the enemy thetan. If the being is found to be a black button SP, do the Blow the Gloater Process. If the being is a theta being,

A DEFINITION OF OUT ETHICS

Any person is out ethics when they fail to apply the ethics formula for a condition, or apply the wrong ethics formula for that condition.

SOME REVERSE ETHICS FORMULAS

CONFUSION – Confusion is often intentionally generated to mask criminal activities. Example: a police central office is in mass confusion. Communications get lost. People cry in frustration. The Captain in charge of the office, and several senior supervisors are generating the confusion to hide the fact that a few cops are protecting drug dealers, and are on the take.

TREASON - The purpose of ordering high secrecy is generally to keep the retail price of secrets high. A city refuses to divulge development plans to anyone. The mayor and a few of the in-crowd secretly inform a developer so that he can buy property, knowing its price will triple when the city puts in a roadway. If there were no group secrecy, then private knowledge could not be sold.

Data security is a very good thing but when security sets up an ideal scene for corruption, You already know you have a cleaning job to do.

MANAGEMENT IN A CONDITION OF ENEMY

A GESTAPOID is a degrado goon, usually a member of some goon squad who collectively threaten the entire group of ordinary ethical citizens going about their daily business, pretending to keep people good. Gestapoids like to run in packs, claiming to be rooting out the bad people. When you see your first Gestapoid, you know the group is in serious, even fatal trouble.

Example: The Finance Police did a typical Gestapoid invasion of the CoS in l982. They gathered a meeting, and blocked the hall entrances with bouncers. They rudely tried to intimidate all the Scios at the meeting. It was announced that if anyone refused to move up to the front of the hall when ordered to do so, it would be taken as a serious sign of withholds. The author drew comment form the stage for being uncooperative, and soon, hostility for walking out on the show. The goons on the stage said they had this terrific force of which we could see about fifteen tall soldier

boys. All of them were Government agents trying to look tough. They announced that they had their first finance criminal. They would destroy Peter Gillham for overcharging Scios for vitamins.

Nobody in the church was legally allowed to use terror against the group, and secondly, there was an ethics officer in the org whose job it was to handle Peter Gillham in a civilized manner. No one else was authorized to do that. They committed the crime of massive, hateful public denunciation without notifying Peter, and with no prior attempt at ethics handling. That is reverse auditing.

The old Guardian's Office, quite early in their existence, degraded themselves into a gestapoid group. They intimidated thousands of sincere Scios and drove public away from the church. Finally, they solved their horrible PR image by going underground, and eventually disbanding. I notice some GO staff developed a kind of sideways confront, done with only one eye. The author had confrontations with GO groups and still has unlimited contempt for ex GO staff. You do not need muscles to deal with a stupid goon, and well, do they know that. The civilized tech for that is in this book, and in Communications Division policy letters, and in the auditing of gloaters Choose auditing over a good scrap, no matter how much we enjoyed the simple directness of the days with the whiskey traders at Fort Whoop Up. Without the ability to cut off Scios from their Bridge, on a whim, they no longer have much power to intimidate.

City police patrols are actually beings taking on the condition of enemy because they drive around threatening everyone. Ordinary citizens know what ethics action should be taken in their neighborhood but the right to handle has been stolen from them by suppressive lawmakers, judges and police agencies hungry for monopoly. Just try to get a current list of stolen cars. The police keep a monopoly on that, so that more criminals can operate unmolested. Citizens in tight knit communities know what ethics and justice should be handled in very much more detail than police know, but they are not allowed to act, because, of police. Beings, of good judgement, are not allowed to judge matters at their level. It is very easy to determine the judgement level of the seniors, and wise juniors, in a community, and to train them in a few justice procedures.

Community members have been suppressively forced to travel among strangers by unnecessary commuting to business and pleasure. That makes the majority of natural community ethics impossible. In a normally designed, self-sufficient, tightly knit community, undetected crime is almost impossible. If there is a row, or a crazy driver, a group of responsible, and trained citizens merely pays a visit, and straightens out the offender, as needed. Oops. Then you do not need police patrols. It was implanted during the Wall of Fire, and planned in such a way, that police would really be needed.

Armed soldiers have no place in a classroom. Anyone who makes a dangerous environment for the group, is an enemy to that group, no matter how loudly they proclaim to be in the business (racket) of protection.

SOLVING THE RUNAROUND – BLOCKED NONEXISTENCE FORMULA EQUALS LIABILITY.

If an org communication line is blocked, it is wrong to look around for an alternative communication line. The blockage itself is the exact serious situation. It is fatal Q and A to go from terminal to terminal. You went directly to the correct Org Board terminal, and if the matter is not handled, then the whole freight train stops there. Money to the Org must stop there. The student must stop going to study at that point. The Preclear must stop taking his auditing at the HGC at that point. (You are PTS to the Org now. Auditing will do you no good anyway.). The unhandled staff member also stops work at that exact point. You are not on strike. You are on immediate leave of absence. Concerned degrado execs will swarm around, trying to make you Q and A. You must hold firm. This is your right. They might cry that your work is piling up. Well, they had better hurry and handle, hadn't they.

Write up your KR to the MAA, then, tell a Brahmin. The Brahmin investigates the matter until he gets restimulated, then he runs the 3D engrams. No one wants to mess with the Brahmin. Just take a vacation from the Org until the runaround is solved. They will go frantic, and they will handle, believe me.

The cause of the runaround is that an official refuses to wear his hat. The official prefers you to go away confused so that he can remain unhatted. You respond by giving him and his senior a list of what he should handle. Your job is to insist that he wear his hat, or else…he may not have a job for very long. When a public official openly refuses to handle an item, which is part of his job specification, one organizes a group to publicly demand his resignation, and they will get that resignation because it is too late for him when it comes to that point.

If someone is in Liability, you are obliged to cut all his communication lines in your area except the one, that is an ethics line for his amends, and so on. If someone tries to cut all your communication lines for no reason, that person must be trying to give you an undeserved condition of Liability. If you tolerate your lines being cut, you thereby accept that condition of liability, and you must work through it even though it is a false condition. If you, in return cut the lines of the one who is cutting your lines, you are reassigning the condition of liability to the correct terminal. Tell him you are cutting him off because he has done a crime against communication. Now, the shoe is on the other foot. If he does not like it knock him down one condition to Doubt, and so on.

Group status or rank is used suppressively to block communication. Seniors can and do demand so much formality in communication that it is not worthwhile communicating with them. You need an appointment, Everything must be in writing. You get talked down to. Hey you dumb bastard get off your high horse.

DEFINITION – THE TALKAROUND - same as the runaround, only done with words.

Bureaucrats are trained to do the talkaround. The beaureaucrat supposedly answers your question but actually gives the answer to a different question, and actually never gives the information you need. Then changes the subject, so that it seems like a related topic but is really an invalidation of anyone questioning the system. The bureaucrat wants to delay you, and divert you until you Q and A, and give up. The talkaround is a communication crime, not providing what is need and wanted.

DANGER CONDITION DONE RIGHT

One officer in the Canadian Air Force had the right idea. He would walk into the enlisted men's canteen, at regular dates and put on his hat, which meant that he was buying for everyone present. Then, when the cheers died down, he listened to every problem the men had with the base, and noted down every glitch, which needed correction. He really cared, and seriously discussed every concern. He was the most popular, and successful officer in that air force. He knew that the comm lines between the enlisted men and the commissioned officers were always down. He also knew enough to get back in comm.

CRISIS GENERATION

Degrado executives often feel that staff will not work hard for them unless there is a crisis, so they generate a new crisis daily or hourly with lies. They tell why it is so serious and super critical, that staff work like dogs for a while to complete some job or other at top speed. This is false application of danger condition when one does not exist. The ethics officer, if he were on the ball, would hand out a genuine danger condition every time someone behaved as if there was a crisis. You kept juniors up until 2 AM cleaning junk from a room you needed for a new office? Bang, Danger condition, right now. If you have a declining stat, that is your crisis, not anybody else's.

UNPLANNED SPENDING – AFFLUENCE VIOLATION

Registrars love to set up a phony danger condition by setting a sale, which will expire at a deadline. They want to disrupt the customer's financial plans by clouding judgment. Con Men love to trick a person into a hurry up and buy attitude so that the customer goes into, at the very least, a financial danger condition. If you eat up a person's operating capital, load up his credit, and ruin his finances for several years in the future, you are just as much a criminal as one who steals someone's life savings. Registrar, you can sell your soul, even working for a church.

Those who take advantage of compulsive gamblers are in treason. They not only starve the defenseless hypnotic poor, but also degrade neighborhoods and friendships by creating hordes of desperate scroungers. There are many who are just barely able to manage their lives. They are not to be anyone's legal prey.

There is always danger of buying a truckload of junk when you go to an auction. Good deals exist but when the slightest thing is done to cloud judgment, condemn the seller for his action.

New executives take over an affluent org. The credit rating is very high so they borrow a half million dollars for new furniture, and uniforms. End of affluence.

Never buy an OT package, nor any other large package of org services.

Expect all major commitments to be betrayed.

By buying a number of org services in advance, you violate your affluence formula. The org should know that, and have respect for the financial condition of its public members. Over time, the org shifts the rules around so that you end up paying more than full price, and you lose all advantages of pre-payment, anyway. Well.... Don't you trust us? Of course not. An Org, which does not protect, and honour the value of prepayment, should not only be refused prepayment, but should get a request for refund of all other unused prepayments.

EXECUTIVE SNOBBERY - POWER VIOLATION

An Executive Director refuses to allow anyone below the rank of Exec Sec to speak to him. He refuses to answer notes or letters from his junior ranks. He is violating the power formula. The Org may be in Decline, but the ED is still in a relative power position. Almost every Scientology Executive Director viciously enforced personal snobbery. That is the act of a degrado who should not ever be allowed to rule over others.

Any junior, or public member should be able to speak with the executive director, or anyone on post, for that matter, to solve org glitches, and service glitches. If you cannot do this with satisfaction, send letters, denounce that Executive Director, and demand his demotion.

ETHICS AND THE SECOND DYNAMIC

Healthy, growing babies are the purpose of the Second Dynamic. If you do not make good arrangements for those babies, you will certainly come to grief at some point regarding that Dynamic. The Bible says, "That body is not yours." It was paid for. (by previous generations) Arrange for swarms of healthy babies, and happy children. That makes a good sexual pleasure statistic workable. The 3rd and 4th Dynamics are currently suppressing the 2nd Dynamic to death. The Second Dynamic is currently a very tough job

The Causative Ethics formulas are dynamite for setting up a relationship.

THWARTED COMMUNICATION RUNDOWN

If you are a 1st Dynamic Grade I release, you have the ability to look at problems and make them vanish. Here, you apply that ability, by vanishing underlying problem engrams.

Keep in mind, the Scio definition of a problem as a force, versus a counter force, but for purposes of this process, you do not state both halves of a problem. The full statement of a problem would describe two opposing sides. Such as TO HARVEST THE ONIONS BEFORE THE FROST GETS THEM. That is harvesting versus frost. If you state only half of a problem, the other half will automatically run out as an opposing engram force. This becomes a runnable item when you say the problem is TO HARVEST THE ONIONS.

You can break it down by single words, either nouns, or verbs. For example:
Problems of Onions.
Problems of Harvesting
Problems of Frost.

That way, you get three problems processes out of the single situation.

The auditor may also use what is called the infinitive form. Which means a statement of the verb with the word TO in front of it.

Example: suppose the Problem TO CATCH A DOG. Is charged. Think of catching a dog and opposing engrams will appear, Dogs biting you, dogs evading you while you fall and skin your knees, and so on, perhaps earlier similar until flat

COMMUNICATION PROBLEM ENGRAM PROCESS

All the questions of regular Scio grade zero should be revised into Communication Problem Engram Processes. Example: You find a charged terminal, say a policeman, then run problems engrams of communication with a policeman.

Communication balks can be considered counter-postulates, in the form of problems.

Make a list of terminals it could be difficult to communicate with.
Pick a charged interesting terminal on the list. (Say, a policeman.)
Conceive the problems engrams of communicating to that terminal
Run other flows, (policeman to you, policeman to others, others to policeman)

UNJUST POSTULATE RUNDOWN (THE UPR) – PROCESS COMMANDS
(THIS PROCESS MAY BE APPLIED AFTER ANY ENCOUNTER WITH A SUPPRESSIVE DEADNESS.)
1. Is there a blowup in - area assessed?
What was the injustice? What was the thwarted communication
2. Conceive reaching with ethical communication.
3. What was the ethical intention?
4. Is there an argument regarding – subject.

5. What was the misduplicated communication?
6. Conceive trying to get the communication duplicated. Problem engrams will appear. 7.Run any problem engrams which appear, and list any unjust postulates,which pop into view, and who made those postulates.
8. Check for earlier similar attempts to get a communication duplicated.
9. If there is an earlier similar incident, cycle back through steps 1 through 8.
10. If no earlier similar incident, reread, and check, the whole series of notes on the item, for any unflat charge.
11 Continue to cycle through the process until all charge is flat, and all unjust postulates are off.

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THE GRACE I SECTION OF THIS BOOK IS BEING RESEARCHED AND REVISED. NOTE: There are a great many questions for this level yet to be listed. LRH would have quickly produced many hundreds of questions for processes like these, but, for us, it is slow work. I hope someone with the organizational skills makes up all the needed lists

GRACE 1 PROCESS – THE THWARTED COMMUNICATION RUNDOWN
ETHICS/PROBLEM PROCESSING – THE REAL 3D ENGRAM STYLE GRACE I PROCESS.
FIRST ABILITY GAINED – ABILITY TO COMMUNICATE FREELY TO ANYONE REGARDING ANY SUBJECT.
SECOND ABILITY GAINED – ABILITY TO CAUSATIVELY APPLY ETHICS FORMULAS.
FREEDOM FROM – BEING STUCK IN ANY ETHICS CONDITION.

TYPICAL LISTING QUESTIONS REGARDING PAST ETHICS – DO FOUR FLOWS
Has there ever been an injustice?
Has there ever been an unsolved communication problem?
Has there ever been a misduplication?
Has there ever been a misinterpretation?
Has there ever been a false ethics action?
Has there ever been an impasse?
Has there ever been a guardian?
Has there ever been a denial of justice?
Has there ever been a no-justice?
Has there ever been haughtiness?
Has there ever been scorn?

Has there ever been blocked communication?
Has communication ever been forbidden?
Has communication ever been monopolized?
Has there been a lack of terminals?
Has there been restricted mobility?
Has there been unreasonable waiting?
Have vias been imposed on communcation?
Has criminal action been observed?
Has criminal action been left unhandled?
Has criminal action been intentionally kept unhandled?
Has criminal action been misinterpreted as acceptable?
Has a wrong condition been assigned.
Has an opportunity for misinterpretation been allowed?
Has punishment resulted from misinterpreted communication?
Has misinterpretation caused one to be attacked?

Listing questions can also be worded to direct them toward a specific subject: Example: Has there ever been an injustice regarding ...?

PAST ETHICS PROCESS - COMMANDS

Assess for a failure of past ethics. Was there a restimulative ethical reach? Conceive it , and run the engrams which restimulate. Not okay to be somewhere? Conceive being there and run the engrams, even if they are not yours.

Has there been a misduplication?
Who was the terminal who misduplicated?
Get the out ethics intention, and run any gloating.
Conceive increasing communication in an attempt to get duplication, and run any engrams, and counter emotion, which flies off this concept.
Has there been a misinterpretation of ethical intention?
Run any engrams, which fly off this concept.
Has there been a problem in communication?
What was the problem?
Run the problem engrams,
Who was the source of the problem?
Confront the suppressive being, and watch him, or her being drawn to a fiery hell. (For some reason they appear to do just that.)
You may tour a bit as thetan exterior.
E/S misduplication? Back to step 2.
Conceive ethical reach in that area, and run any engrams, which pop up to oppose it.
What would be an appropriate ethics condition?
Conceive applying (ethics condition communication) to subject.
Run any engrams which fly off.

REVERSE ETHICS – DEFINITION – the use of engrams, and restimulation, rules, and barriers, etc., to reduce the reach of someone's communication.

It is a remarkable fact that an individual goes criminal when his live theta communication reach has been reduced, and returns to ethical behaviour, when his communication reach increases.

We must insist, here, on live theta communication. To give a criminal increased communication reach with mere MEST, is to invite death, and destruction.

ETHICS REACH ENGRAM PROCESS @CONFUSION

The gradient of this process begins, with the body, and expands outward from there.

I found that merely reaching with some body part is sufficient to restimulate confusion. Reach far out with arms, in various directions until you get a read. Feel the electronic push-pull of confusion, in some direction, or other. Hold that position, until the confusion engrams run out. Do Body Help Process as needed. Continue reaching, holding, and withdrawing.This will blow a great many electronic incidents, and regular engram incidents.

This ethics reach process can be gradiently extended, to include many things, and many areas.

THE PROCESSES OF ETHICS PROBLEMS
OTHER FLOWS

Ethics has various flows. Someone may want to do something for you. Allowing that to happen is a form of doing what is needed and wanted. You may want others to do something for you, or you may want to do something for them. There is others wanting to do things for others and so on. Make a chart of all steps of all ethics formulas and their flows. You get a big chart with many columns. LRH devised a drill, which produced a companion chart to this. It was called Exchange by Dynamics. Mark the date of beginning each ethics step and the release date for each flow.

Steps of all ethics conditions are to be applied to all kinds of charged terminals. One list of terminals is the Scio Org board with all its posts. It would require considerable familiarity with org board posts, to audit them. Assessment might be done ambulatory in all sorts of social areas. This process will open up vast social resources to any individual. Run the following problems process applied to all the ethics steps. Start, at either Nonexistence or Confusion.

Note: There are inappropriate solid lines, one on the previous page, and one on this page, and several other pages, which I have not yet figured out how to dispose of.

ETHIC FORMULA COMMUNICATION PROBLEM ENGRAM PROCESS COMMANDS

1. List personal activities, which you would raise to a higher condition, or 3rd Dynamics in which you would like to raise to a higher condition.
2. Assessment: think about various charged terminals (objects or people, or actions) and applying an ethics step to them, (like opening comm lines to them.) A charged terminal will simply bounce into view.
3. State the ethics action as a problem regarding that terminal.
4. Conceive applying the ethics formula step to that terminal, repeatedly.
5. Note the somatic (impact), which appears.
6. Date, locate the impact
7. Run the problem engram.
8. State the communication, which was thwarted by the engram.
9. Run Havingness by avalanching mockups of that terminal into your body.
10. Earlier similar with HAV at every step, to EP, i.e. the terminal vanishes.

Note: you need to run HAV after every problem engram erased, or you will be unable to continue session. You may need to take a few minutes break after each problem engram even when you do run Hav.

NONEXISTENCE – On examining the Nonexistence formula for charge, one discovers many unlisted steps.

One missing step is ENTERING A SPACE. People, groups, and even dogs have their spaces. Sometimes they attack you for entering what they call their space.

If you are not allowed to enter a space, then you are in a condition of Liability regarding that space. Try dressing like a dork and walking into a hot singles bar where nobody knows you. Being in liability does not necessarily mean that you are bad. There may be a wedding banquet, and you just got back from fighting a grass fire. Go home, and get cleaned up.

The first thing a timid kid encounters when he enters his first playground, is a sneer, then a jeer, then a threat, and he has not yet said a word, nor done a thing. If the new kid backs off, then he has unjustly accepted, for himself, a condition of liability. Here is an interesting social problem to prepare your kid for. An acceptable identity might be for the kid to warn the playground's watchdog kid to stay back. Variances in personalities may require other solutions. Hence, there is charge to be run, and another new step to the Nonexistence Formula.

1. CHARGE ON ORIENTATION IN A NEW ENVIRONMENT – It can feel quite uncomfortable just looking around for acceptable mockups, which are okay to BE in a certain area. What clothes and grooming do you need to fit in. What tools do you need to do some jobs like carpentry, etc. There can be charge on asking what tools to bring, because that betrays inexperience.

2. CHARGE ON ASSUMING AN ACCEPTABLE IDENTITY, AND APPEARANCE

Example: Some guy says, “I will never wear one of those silly hard hats.” He knows, that he will never be allowed on a construction job site, but he has charge on assuming an identity. There are a lot of clubs, for example, which you cannot join if you are unwilling to be certain bizarre identities. Lots to audit here.

Men do not like the act of getting ready for a social event. Women love it. Men who do get ready for a romantic relationship are the one’s who succeed. The neat apartment, the cool sports car, the nice clothes, a prepared song, and some dance moves, all say “I am ready”. Run the problems engrams out of any charged aspects of getting ready.

3. CHARGE ON ENTERING A SPACE

Assess for a charged space.

Repeatedly conceive entering that charged space.

Run the problems engrams, which appear.

Run being rejected, feeling out of place, thrown out of spaces, told to get out, being driven out, being booed off a stage, laughed out of court, refused to be waited on, whatever else could be charged.

Reversely, run problems of not being able to eject an intruder, etc.

When you enter a space, try pausing for effect. Just stand there briefly. You will be noticed. By the reaction, you can judge tone level. If it is a low toned reaction, you may choose not to go further.

4.CHARGE ON FINDING A TERMINAL

The terminal you want is usually the terminal, which makes the decision. If you want a job, you do not go to the personnel officer. He is incapable of making a decision, and is usually a mere psychologist, or some other impotent lackey. The manager is the terminal, who knows whether anyone should be hired, and is also the one who makes the decision to hire. All that form filling is usually mere formality. Run the problems engrams of being misdirected, away from the correct terminal. etc.

5. CHARGE ON OPENING A COMM LINE. A greeting is an act of opening a comm line.

TARGET: One should be able to comfortably put out a comm line to anyone, in any social situation.

If one senses the appropriate vector, then the success of the comm line is assured. The Waitingness level is a prerequisite because you must be able to handle the vectors of your comm line being ignored, rejected, blocked, pulled in, scorned, hated, etc.

A terminal, after receiving your comm line many times, may telepathically show you what is needed and wanted. Run the problem engrams.

Audit the Nonexistence step of opening a comm line by repeatedly conceiving opening one to a charged terminal, on four flows. Repeatedly conceive asking for a chat. Incidents of violent engrammic rejection will

appear throughout this Grace. Fear of rejection, is of course, solved, by these processes.

Audit charge on self not being able to drop a comm line, as in stalkers, persistent beggars etc.

A greeting means that one is opening a comm line.

6. Audit charge on introducing self. After the greeting, tell both who you are, and then what you are. I am George Gershwin. I am the entertainer here tonight. I am Joe Peabody. I am one of your ardent fans. I am interested in a good collection of your works. You are set for an interesting time, Joe.

7. CHARGE, ON WAITING FOR AN ANSWER REGARDING OPENING A COMM LINE. – Some guy asks a girl if she would care to talk to him. He does not know that her comm lag on that question is ten minutes. She tells him she is busy just now. What she means is she needs time to think about her answer. She might have some charge on something too. The guy walks away. The girl is dismayed. (Not that you would want to know a girl with a ten minute comm lag.)

8. CHARGE ON COMMUNICATING WHAT IS NEEDED AND WANTED.

Assess for charge on needing and wanting something. Repeatedly conceive asking and telling what is needed and wanted. Run the problem engrams. Do it on four flows.

9. CHARGE ON BEING REJECTED

You could say the wrong thing at your job interview. Have acceptable truths ready, but do not lie. You could get too vague. That could generate totally groundless suspicion, and that alone can be reason enough for rejection. You could give an answer which could be misinterpreted. One problem might be not getting a chance to clarify, or explain what you said imperfectly.

Personnel officers love to look like they are doing something. They will all say, “We have no openings, maybe in a few weeks, but you are welcome to fill out an application form.” I don’t think so. If a place does not have a job for you today, do not even bother going down there. Figure the cost of fuel, the wear on your vehicle, shoe leather, and twenty dollars per hour for your time, to fill out a useless form. He buys those application forms from a stationery store with one hundred forms per pad. He throws out all applications after thirty days. You could starve, dealing with those guys. Erase any charge on rejecting them. Don’t even use their forms. Hand over a photocopy of your own form, along with a photocopy of your resume.

10. CHARGE ON BEGINNING A JOB, OR DOING WHAT IS NEEDED AND WANTED.

When you start work, you want to be self-motivated, and not need orders. It is very important to get there a half hour early, every day, if possible, so that you can discuss plans. You want to learn of problems from the other workers before those problems present themselves on the job. The time to find out is when people are hanging around, not busy. That includes staying after work for a few minutes to check out how the day went. On some jobs, it is best to go for a beer with the boys after work. Repeatedly conceive problems of starting each aspect of your job. When all those problem engrams are cleared, the job may work out smooth as silk.

DANGER CONDITION

Note a danger of any job or business, or action in life. Repeatedly conceive the problem of doing your job in presence of dangers you must live with, or handling dangers you can resolve. There can be charged dangers regarding any activity, like playing in the mountains, or selling newspapers. Sometimes there is a rude, or hostile workmate. It's your life.

The most common danger on a job is that of not getting the job done in an efficient, competent manner. Take home a list of all job glitches, and run the problems engrams before going to bed. You may have misunderstood, and done something inefficient during the day. You may have seen the read on the foreman's face. He knew you did not do it well, but he is a busy man. You do not have a chance to talk to him, and say, "I got it now, all the work was laid out for me, and I went looking for more materials by mistake." Audit this situation as a problem. That way, it will not be a problem at work tomorrow, and you can find exciting new dangers of losing your job.

Verbal abuse, and rudness from a boss, is an unacceptable form of communication. With causative ethics, it is your job to demand good manners when a superior becomes rude, even if he has a valid complaint. Vigorously demand that an abusive senior respectfully tone down any complaints immediately, or you will not tolerate his communication. Officers invariably demand respect from juniors. Juniors are entitled to instantly demand the same. In suppressive organizations where a junior is not entitled to demand respect, there is a more serious handling available. That will be explained later.

LIES ARE A LARGE DANGER ITEM. Some lies are non-verbal, like soldiers uncaringly walking into an ambush. Repeatedly conceive denouncing lies. One Sergeant would not listen to a soldier announcing, "There is the enemy, Sergeant, right in those trees." He kept marching his platoon forward. The solution to the matter was to simply open fire, and let the platoon figure it out.

Instantly raise a hand, and announce any misunderstood word, or uncertainty regarding any order or communication on the job. The penalty for the effects of a misunderstood word on the first day of work is usually getting fired.

Instantly announce mistakes you make. Instantly raise your hand, and announced what you did wrong, or think you did wrong. You will get a lot of respect, surprisingly enough.

If a group, which you work for, will not allow you to communicate, to ensure freedom from mistakes, then the group is suppressive, or PTS. You are justified in firing that group, if they do not toe the line, your line.

Error – making your announcement weakly, perhaps not wanting, to interrupt the boss. Just snap it out loud and clear, the boss will pick it up and get to you quickly.

Error – comm lagging on your announcement of possible error. The boss may interpret that comm lag as slacking.

Error – jerky movements. They indicate fear. Just because you are in danger is no reason to be afraid. You have the ethics formula process to protect you. You can work quickly and effectively. Just move gracefully, and efficiently. Looking good is better than looking frantic.

Assess, and run:

1. Charge on not knowing how to do a job.
2. Charge on pausing at a job when you do not know the next step.
3. Charge on waiting for the boss to tell how to do a job.
4. Charge on telling the boss what you did not know,.about the job.
5. Charge on bypassing the boss, or anyone to investigate possible dangers. Bypassing itself may be dangerous.
6. Charge on handling a danger terminatedly

DANGER CONDITION
ALWAYS RETAIN THE RIGHT TO RESIGN

If an org will not listen to common sense, they are entitled to your resignation, and that is a very righteous defense against org injustice. The Sea Org Contract states that no one may be kept in the Sea Org against their will. Even General Motors knows that their Execs as well as their juniors can walk out on them in indignation. A man does not give up a career for nothing. Scios know enough to have their ruds in when they consider resignation. There will usually be a genuine beef, or a hundred, underlying any resignation. An Org, which does not know that, is a suppressive group, and there are plenty of such orgs. Dear Captain: They are resigning because you are a bum as a manager. It is time an individual got a little respect around here, and if that means a lonely captain left with a ship and no crew, then so be it.

If the org has all the clout, and the individual has none, then, by all means start walking away, because you know that massive injustice is occurring to others long before it happens to you, and it will certainly happen to you.

Tell a Brahmin about this type of situation as early as possible. The situation still must be handled even after things go to hell. It is a lot easier to untangle before mayhem occurs.

REVERSE DANGER FORMULA

I think it was Julius Caesar who said that an officer should fear his men. That statement instantly disqualified him as an officer, not to mention his humongous crimes. Cassius had the right idea. Kill the bastard. Caesar was not killed, by stab wounds from twenty senators, by the way. It was Cassius alone, who stabbed him twenty or so times with his sword. I suspect that the stab wounds were shallow, so that the effects might be savoured.

TO GET A STAT BY A DEADLINE EQUALS DANGER

This is a shabby method of Crisis generation. If someone mocks up a deadline for you, tell him to go to ethics for his danger condition handling. Life makes its own deadlines. We do not need to generate phony new ones.

SOME PROBLEM ENGRAMS TO RUN

In a danger condition, you get a pair of problems. One is that of the danger itself, and the other problem is one of directly confronting, and demanding a handling.

Problems of the danger of a rude bullying boss, or workmate.

Problems of the pain of false accusation

Problems, of the danger, of bad indicators. Watch your new boss, and watch your new girlfriend, or boyfriend very closely for bad indicators. The moment you see one, instantly gesture, and open a conversation. What's bothering you? Did I do something wrong?

Every now and then, after you have been on post for a while some person will come in on your post and start to change things around on you, throws out your calendar girl, without asking you, etc. Chit the guy, of cours, then audit those danger problems until he bleeds.

Some times a job involves a danger of being used, and manipulated.

Audit the problems of dangers of being cheated in various transactions, say when getting your car repaired.

Audit charge on stating what danger you suspect might exist.

Problems of asking the other person to ensure safety regarding any danger they might possibly present to you.

Problems asking how that safety is assured.

Problems of asking for assurances, of how promises will be kept.

Problems of not allowing non-standard money handlings. (Chances that you might be swindled.)

Problems of anyone jerking your attention around (To make you miss evidence is the usual purpose of that.)

Problems of having an untrustworthy person in your home, or around your valuable possessions.

Problems of being misinterpreted.

Problems of checking bonafides of any evidence.

Bypass by not taking verbal assurances only written ones. If it is not written, it is not true.

Bypass by observing for yourself, and insist on checking, instead of taking verbal assurances. Signed written assurances are one way.

Bypass by stating your distrust of certain situations.

EMERGENCY CONDITION

Get competent, and do it fast.

Repeatedly conceive doing charged job drills to get competent. Make it real by actually doing the job drills. Lots of reluctance problems will appear, and the engrams will run out.

NORMAL

It hurts to tell someone how to further improve their stats when they are already dedicated, and doing somewhat well. Run it, if it reads.

AFFLUENCE

It hurts to listen to hard luck stories when you have wealth. The guys who need to have before they can do, work hard to present a very convincing story of pressing need, but if you examine their story, it is always full of holes. They never had hard luck when you were poor, only when you were affluent. There are lots of alternatives for them. Repeatedly conceive telling them how their pressing need story has terrific alternatives. Get very enthusiastic and admiring about all the abilities, and opportunities the guy has. Give him lots of mocked up ideas. Surprisingly, there is plenty of charge on that. He does not want to do those ideas you give him, but that is not the point. You are rejecting him by outflowing enthusiastic ideas instead of cash. If you want to kid him a little, tell him, "I have no money to give you, but I have some good ideas for you." Repeatedly conceive telling of your great faith in their ingenuity. You also have terrific faith that the Welfare check will certainly arrive in the mail at any second. No, you believe he will not be kicked out if the rent is not paid, at least, not for two more weeks be scornful and disbelieving, smiling. Naw. There is no such thing as hardship here. Here you fight imagination with more imagination. Repeatedly conceive telling them that you do not want to lose them as a friend. They are so valuable to you that you must never lend them money, but they can have a beer with you, and chat about old times. Somehow, months later, they are still carrying on, and surviving. Inquire, how did they ever survive that crisis. Be proud of them for pulling through. Then repeatedly conceive telling them later that you saw how well they handled their last money crisis, you have faith in their excellent abilities to survive the next one they are trying to mock up.

POWER CONDITION

POWER – DEFINITION - The ability to express tone +40.0 control. 8-C. THE SUPPRESSIVE DEFINITION OF POWER – is the ability to kill anyone who disagrees, plus the ability destroy anything at will.

In the physical universe, power can only be expressed, for a limited time, in a limited area. It is quite common for a man to work for

years to become able to express power for a few minutes per day, perhaps as an officer, or a corporation president. When the man in power steps out to a coffee shop, he is probably not in power with the waitress, and what is his condition with the wife and kids? Well...

THE ETHICS REACH PROCESS COMMANDS FOR POWER CONDITION
1. Assess for a charged time, when you should have expressed tone 40.0 command intention, and froze, instead.
2. Conceive reaching in that time and place, with tone 40.0 command intention.
3. Run the engrams with Repetitive Recycling Description Process..

THE LOWER ETHICS CONDITIONS

CONFUSION

When auditing the Confusion Ethics Formula, you may assess by looking around for a charged, out of place object, in your environment. Contact the problem engram by repeatedly conceiving the problem of putting the charged object into order, or proper location, then run the incident with Repetitive Recycling Description Process. Run lots of Hav. This process should, after a while, give the ability to maintain neatness naturally, and without effort. You can run this on the tool shed, your paper work, your job jar, your wallet, anything which you are responsible for, which shows chaos disorder, neglect, etc.

Confusion is often mocked up to plead some version of the insanity defense. “I do not know what happened. It is all so confused to me.” You may have charge regarding times you falsely used that ethics defense. Often it was a genuine confused area. Just run the Confusion Problem engrams. The confusion formula may involve something as simple as cleaning up the mess (confusion) in your room.
Q+A – One reason LRH had some trouble defining Q+A is that it takes several forms, not just one or two forms. Q+A – (AT THE CAUSATIVE ETHICS LEVEL OF CONFUSION), IS KNOWING THAT SOMETHING SHOULD BE DONE, AND NOT EVEN STARTING. Soldiers thrown into confusion by a surprise attack from several directions, for example, often stand and do nothing.

Many people have a job jar, or a job list at home, or at work. That job list often never gets completed because of charged confusion regarding those jobs. Assess for a charged job which you intended to do some time. Repeatedly conceive beginning that job. Run the problem engrams.

1. Assess areas of confusion for best read and interest.
2. Repeatedly conceive organizing that specific item, or taking up that job, and run the restimulated engram.
3. Organize that item or particle while running the engrams.

TREASON - A person who announces "That does not concern me." in certain contexts, is discussing a condition of Treason, not necessarily one's own Treason, but any charge on the subject is certainly one's own. Concern on flow three might be that your cousin had her bicycle stolen by her best, most trusted friend. Repeatedly conceive problems of concern especially concern about betrayal. Run the problem engrams.

ENEMY – One receives quite a jolt when suddenly confronted with the fact that one has an enemy. Men in prison, for example love to create enemies. One is quietly getting seated for dinner when a very ugly face shoves in, and announces, "I don't like you." The proper answer is of course to eagerly invite him for a good scrap. One can run out the encounter by repeatedly conceiving the emotional jolt, and running the problem engrams E/S. That way, the scheduled scrap will probably never occur. You will have far less scraps, if you stay totally willing to fight, regardless of your size. If scraps do occur, that's life.

One can assess communications for when one opposed your will, and your opinion sufficiently to turn you into an enemy, and vice versa.

If Jesus Christ actually said to turn the other cheek, it was a very stupid statement. After that second smack, you lose your sweetness, and attack, for some reason. That attitude of self-degradation is the most harmful part of Christian social philosophy. It may have been intentionally inserted, in the Bible, by Roman agents. Fortunately, Scios know better, except, when they are Sea Org members, of course.

DOUBT – A classic problem situation. Audit those problem engrams.

LIABILITY – Scio execs compulsively cut communication lines throughout the orgs.
If a senior thwarts your communication, he is trying to put you into Liability, because Liability is the ethics condition where one really should be cut off from communication. If that is so, you may refuse to take the condition because that Liability condition really belongs to the senior. If it is not your condition, it must be his. Write him up to ethics. Dump his condition on him, however necessary.

LRH said that non-compliance and false reports equal liability. In the C of S, Seniors patrol constantly. It is nearly impossible for juniors to get away with non-compliance, and false reports for more than a very brief time. Seniors, on the other hand, non-comply and false report to their juniors at will, and they do it constantly. Their non-compliance is blatant refusal to apply countless policies, which direct how their juniors should be governed. They are falsely reporting that they are righteously enforcing, and applying management rules.

Seniors, unlike juniors, rarely put their promises in writing, making them very difficult to catch. So this sounds like a generality, alas. It is a true one. If you were a hostile force in charge of a church, you would put your people all into supervisory positions. What to do with

insane untouchable seniors? Do not expect upper management to help you. They have consistently failed, and cannot even save themselves. I hate to say it, but admin training was falsely touted as a solution for these situations. I suggest, audit your own Ethics Problem Engrams when seniors go into liability, and lower. It not only works, it may be the only thing that works. It may seem cruel to drive a suppressive senior out of the org with auditing, but look at all the people you are helping. If he was not suppressive, you would have no charge to audit, now, would you?

If the liability condition really is yours, audit the problem engrams of approaching, and propitiating people whom you have harmed. Repeatedly run problems of presenting gifts of service in penance, and problems of asking for forgiveness. Young men know enough to bring gifts and flowers to their upset girl friend. Repeatedly conceive confronting persons you have harmed, and telling them of your errors regarding your behaviour and your thoughts of them. Repeatedly conceive taking on service in penance, like monks do, then, actually do so. You ought to do all this very proudly because you are doing very righteous honourable acts, which really straighten out lives. “Sir, I will now clean up your swamp for you, if I may.” A lot of admiration occurs, and there comes respect, unless you are doing it for an SP.

You have the idea now, create the process questions, and audit all the charge out of them.

AFFRONTATION

AFFRONT – DEFINITION – an offense against one’s many expressions of survival, usually a mild one, done with an individual knowing about it, and done with the expectation that the offended individual will do nothing about it.
THETA DENUNCIATION – Telling an affronter the exact nature of the affront, which was done, and demanding, with theta intention, that it not happen again.

Scios must get very aware of any affronts, and must handle them with total certainty. Denounce affronts by confronting the offender, and telling him in a suitable manner, what he or she has done wrong, and do it with a suitable amount of counter-intention. The denunciation alone, should be sufficient to correct the situation, most of the time. If that is not enough, the appropriate 3D self-audited techniques can be very effective. Even a street gang can usually be audited away with the techniques of the Triple Grade Chart.

This is a high-grade ethics handling, to prevent people from walking all over you, or all over anyone you know, for that matter.

This rule should be in the Code of Honour. NEVER PERMIT YOUR LIFE TO BE AFFRONTED. TAKE IT PERSONALLY, BECAUSE IT IS PERSONAL. There is nothing more personal than your life. Like all other points of the Code of Honour, this is a luxury, which cannot always be achieved.

Tell immediately the specific wrong, which has been done, and I do not care who the hell they are. If they think they are worthy enough to talk to you, or deal with you, or be in your space, then it is a two way street. The policy is "Don't take any crap from the likes of them, or anybody else, for that matter." Nobody is worthy enough to affront your beingness. If you feel too timid to denounce an affrontation, run that charge on the triple grade chart, i.e. Ethics Freeze, and Vectors, and the Fun Triangle, until you have lots of courage in the matter. After your auditing, the affrontation will still be there to be denounced, much to your satisfaction. If necessary, do the denunciation within sight of protective friends, but you should not need back-up if you have done enough auditing on that scenario. You will win back a lot of well-deserved respect, and admiration every time you pull this one off, especially from the individual who affronted you. If you let people get away with affrontation in your field of awareness, you will simply be, a destroyed beingness.

Denunciations should be done at a tone level, which matches that of the offender. Do not use Denunciation as a general mode of operation, or you can be denounced in your turn; and it would never stop.

An affrontation must be denounced with a strong confront, a not too loud, stern commanding voice, but match tone levels as necesary. Tell them, very clearly, not to do that again. Be absolutely willing to back up future defense, and that intention will carry through, even if unspoken.

The OT should have no comm lag at all. He denounces immediately. "Hey, sir. You can't order me around like that, on this Job. I don't care if you are my boss. That is unacceptable rudeness.""

THE PRINCIPLE IS THAT THE EXACT TRUTH DESTIMULATES THE SITUATION.

SELF DETERMINISM - DEFINITION

WUSS – DEFINITION – a guy who loses girlfriends because he operates in an other-determined manner. In other words, he lets them walk all over him. That is most guys.

Self-determined street bums can move in and take girls away from a wuss, and the wuss knows it, but the funny thing is that the wuss does not know what he is doing wrong. He usually has the intellect, and the courage but he lacks some very simple, and very brief training. Auditing skills would help a lot, too.

A GOOD RELATIONSHIPWITH THE OPPOSITE SEX IS A TRIANGLE, AND IT IS NOT THE ARC TRIANGLE. WE ALREADY KNOW ABOUT THAT ONE, AND IT IS INSUFFICIENT.

1.SELF DETERMINISM, OR HIGHER
2. MASTERY OF VECTORS
3. APPLICATION OF THE FUN TRIANGLE

An individual can generally make this triangle work with guts,and intellect alone. Third dynamic auditing skills will guarantee a high level of success with this relationship triangle.

A wuss does not know that self-determinism is a minimal necessity not an option. It is a necessity, most of the time, in life.

Part one of the anti-wuss formula is direct statements of what you want, and what you will do, and if the girl wants to come along, you might let her. Part two is to tolerate no affronts at all. Part three is to take no orders, nor distracting control, but You might consider requests, if they do not infringe on your self-determinism. Women can be insanely protective of their self-determinism. No problem. Insist on protecting your self-determinism too, sometimes even more so. Result: mutual respect, and cooperation.

Pan-determinism is for OTs, who are way up there. Conversely, during those brief times, when you are pan-determined, you are OT.

Other determinism is spiritual disaster. Take, for yourself, an awful lot of self-determinism, then go pan-determined briefly, whenever you are affronted.

There are an infinity of affrontation situations. A silly example is, when someone does something rude, and drives off at high speed, before you can confront him. You have won in that situation because you have taken, and held your space, and he has just given up all of his space. Know that such an offender is running a very fast, and effective reverse process on himself. He will definitely not do that affrontation for long.

EXAMPLES TYPICAL IN-YOUR-FACE AFFRONTATIONS – AN ORG BOARD

1. If someone gives you the runaround, or tries to make you Q and A, or tries to divert you to the wrong terminal in business, or talks down to you in a condescending way.
2. If someone lies, or cheats or steals, or vandalizes something. If someone makes a threat, take it very personally, and really slam a denunciation in.
3. If someone breaks an agreement, or tries to alter an agreement, or says one thing, and does another, or ever tries to give you an order in an inappropriate, or degrading way, or is late for a date, or calls you rudely, or by your wrong name, or tries to coerce you to work harder.
4. If someone puts on an injured look, and walks around sneering, or strutting, or kicking things, and brings that into your space, or treats you with contempt
5. If someone doubts your sanity when you have seen something.
6. If someone disobeys your valid commands, or requests on the job.
7. If someone challenges your authority in your rightful area.... Fill in the rest of the org board, you have the idea.

AUDITING COMMANDS:

If you balk a little on doing a denunciation, run the Ethics Freeze Engrams, until you do not balk. If you feel that a denunciation will get you into a games condition, run the concerned dichotomies. If you feel that your personal theta power is inadequate to make this work, run the Fun Triangle as needed.

You can assess for charged affrontations by assessing in relation to the Table of Relationships ref. Scio 0-8. Example: Has there been an affront, to beingness...doingness...havingness? Assessing the org board divisions, Has there been an affront to 1. communication. 2. integrity 3. understanding 4. ideas 5.certainty 6. goals 7. identity.

THE TARGET SERIES – auditing

Set up all your life targets, audit the problems of achieving those targets.
and apply ethics conditions to those targets. Apply Scio Admin, and Org Board to all of your life activities, and audit out the problems of putting in the admin tech. Now, you have a whole lot of material to audit, and you have the process, which will handle it. So it takes a few years to get all this done. What you really want, is the eternal release point. Problems go on forever Get that engram release, and you are okay.

WHAT YOU REALLY WANT IS THE ETERNAL PROBLEMS ENGRAM RELEASE.
PROBLEMS GO ON FOREVER.
GET YOUR ENGRAM RELEASE.

CONCENTRATION- DEFINITION 1 – attention, persistently maintained.
AUDITOR TRS, AND COMMAND INTENTION
ENGRAM AUDITOR TRS PROCESSES

LRH said not to target time. We break that rule here. We target doing a drill for a certain number of minutes, or hours without interruption. We generally keep one eye on the clock, or set a timer. Concentration is vital to complete the higher level gains of the physical exercise processes in this book. Although, it is generally nice to have people around, when you are mastering concentration, you never need a supervisor on the exercise floor, in fact, you prefer to do your drills in silence without interruption from stray communication. You will no longer need a work out buddy to keep you at the task.

Targeting running distance, or a number of exercise repetitions takes concentration, and that makes a nice gradient to dealing with time itself.

PRINCIPLES:
TIME RESULTS FROM A POSTULATE OF PERSISTENCE.
A BEING WANTS TO EXPERIENCE TIME.

PHYSICAL UNIVERSE MOCKERY OF TIME IS CHANGE.

A degrado thinks the only way he can experience time is by observing change. That is a lie. It is impossible not to experience time if one postulates persistence.

CONCENTRATION – DEFINITION 2 – IS THE ACT OF MAKING TIME BY POSTULATING PERSISTENCE.

A Degrado cannot postulate enough of a variety of persistences, so he desires a Reverse Org Board to keep him motivated, by threats of pain and by supervision to keep him working. He falsely tries to experience time by changing what he does, or restimulating himself. Do not send to ask for whom the bell tolls of degradation. It tolls for thee. All beings experience some degree of degradation. If they did not, they would not be in this universe.

When one does not move about and change, one compulsively takes a substitute for physical universe generated time by pulling in engrams. One can then sense change by the action of engrams, which is why TRO hurts, and becomes an engram process. The ability to postulate persistence frees one from the compulsion to experience change.

The result of TR training is the ability to maintain a correct communication cycle. -TR engrams are erased by doing the TR continually, thus, waiting for the restimulated engram to hit, and disrupt the TR. Keep putting the TR back in place, and that engram will run out. Keep holding the TR in place. After running a number of engrams, you will release and have that TR for life. Good TRs are permanent 3D engram releases, but Scios specialize in auditing TRs. Life consists of much more than auditing. .

One TR I would like to see is a TR of stating a fact, and allowing the full comm lag of the other person's thought processes, before stating another fact. You would watch the individual cocking an eye at you for a time. There might be brief muscle tensions, facial expressions, queries, or any of a long list of indicators showing that an individual is analyzing what you said. Then there would be an indication of completion, like the individual returning his eyes toward you for more information, or a verbal acknowledgement, etc. High-toned Scios are capable of spitting out an awful lot of information, faster than it can be duplicated, so they should be drilled and on the ball about this one. Psychologists, (of all people), are aware, of this TR. They even classify the indicators as emotion, muscle tensions, eye motions, etc. How fast can you explain something to a specific person, and how can you tell that they are getting it?

MILD PHYSICAL EXERCISE AS CONCENTRATION DRILLS

This is one special application of physical exercise.

We keep one eye on the clock. Concentration is vital for the physical exercise engram processes later in this book. It is well known that the best body builders, for example, always have excellent concentration abilities.

You can run a lot of engrams by just repeating a gentle, or easy exercise continually for a pre-set period of time. Gentle smooth moving calisthenics might be good for that purpose, or repeating a dance step, all the while, watching the clock until your fifteen minutes, or two hours are up. This is a good gradient to TRO. The entire exercise system discussed later in the book is good concentration drills to be mastered at this level. The exercises must be done in a very light manner so as not to tire the body excessively.

Those loud ticking quartz wall clocks emit a toxic electromagnetic pulse, as well as restimulative jerks of the second hand. Good noiseless clocks are those battery operated LCD clocks with black, 1inch numbers. They have no glare, and little radiation, if kept out on a shelf. The big old windup clocks with the big second hand are a good gradient because you can watch the second hand moving.

While doing the following exercises, concentrate, which means, do the exercise, and nothing but the exercise, except, keep one eye on the clock, and run the engrams which appear.

ENGRAM OT TRO – COMMANDS – Close eyes, hold position. Erase engrams, which flow at your body, trying to make you move, or otherwise break concentration.

ENGRAM TR O – COMMANDS - Be the other person you are confronting, and look back at your body from that other body while still being your body. Be two bodies, looking at each other, keep re-establishing TRO on each other. Run the engrams, which break the concentration.

You develop some telepathy from this process.

All other TRs above this level are done while being all the people, and running the engrams until that TR is perfect. You have the idea how to do them now.

GRACE 2 (G2) INTEGRITY

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GRACE 2, FALSE PURPOSE RUNDOWN ENGRAM PROCESS NOTES AND COMMANDS

You can mine all the O/Ws you have ever written up or ever run in session. Most Scio Clears have done hundreds of hours of OWs. These are a very good prepared list of unflat items to audit with this engram process. Another prepared list is the Happiness Rundown, which is an expanded OW inquiry regarding the Way to Happiness book. The C of S would

probably never sell you the Happiness Rundown list. You can take every post on the Scio org board, and, ask, Are there any O/Ws regarding…org post or duty. Are there any hostilities re:.. org post, or duty. The author flattened the entire grade just by auditing his PERSONAL CHARGE LIST, and nothing else. To list OW items, just examine every nook and cranny of your life for personal hostility, and for any urge to keep anything, or any area secret. It took a few years, but at this level, expect to audit for thousands of hours. Some beings have no trouble listing great quantities of material to audit just from examining their own lives.

NOTE: do not be surprised when an assessment just at the beginning of a session knocks you into a need for some hours of sleep. At this level, and above, some items are so charged that you may get so far as to write down the item you wish to audit, and BLAM… you must sleep before continuing. Run Hav, and Run the Body Help Process, rubbing your hand lightly over the injured areas.

You have turned a lot of TA, and you need to sleep it off. It helps to run havingness immediately, but, often enough, the body itself is so burnt that it needs time off. You will not be killed by this, by the way. On the other hand, you should make sure your heart is in good condition. You will be screaming in pain soon enough. Nobody said this was easy. You should know that you will emerge from these levels, a very tough thetan. It is up to you, if you want to continue, but if you got this far you probably are pretty tough anyway.

A NOTE ON DISSEMINATION

The other side of honesty is the ability to withold, (to shut up, in other words.) and very correct times to withold are at the many decision points during a sale. First you honestly set up a directed decision, that is, a decision, which should go in your favour, then you shut up over and over again.

The main technology of Dissemination is Salesmanship. Dissem comes at Division 2 on the Org Board, so it is discussed here briefly at Grace 2. Sales depend less on what you say than on the times when you stop comunicating. Selling is repetitive directed decision seeking. One sells by pausing at decision points. A good salesman goes from meaningful pause to meaningful pause. A bad salesman goes from speech to speech. When you can feel the tensions during the pauses, you know you have made effective presentation statements.

THE PERSONAL CONCERN, AND THE EXPANDED CONCERN

The personal 3D concern is your personal life misfortunes and the corresponding prior engrams. There is at least one other concern regarding OWs. It is the OWs of your associates. That is the expanded flow. Other people's OW dramatizations and bank restimulate your engrams, much as if they were your own OWs. That way, it is your awareness of their OWs, restimulating your engrams. One would run the Expanded concern OW engrams until you developed some OT ability to keep other people honest

just by your presence, and your gaze. Not a bad ability, gained merely by running more of your own engrams. All personal auditing has an effect on the 3rd Dynamic, but the Expanded concern clinches it.

The expanded flows are telepathic restimulation followed by personal auditing.

SELF-AUDITED FALSE PURPOSE RUNDOWN COMMANDS
THIS PROCESS IS NOT THE SAME AS THE COS FALSE PURPOSE RUNDOWN. HERE, IT IS SELF-AUDITED, WITHOUT A METER, AND IS DONE WITHOUT A C/S. IT IS NOW DESIGNED TO BE DONE BY FIELD SELF-AUDITORS WHO ARE ALLOWED, PER POLICY, TO PRACTICE UNMOLESTED FOREVER AND EVER.

Note the read, which indicates overt or withhold, hostility, or any cruel impulse. If there is charge on someone else's overt, then ask yourself what similar withhold you might have committed. If you feel hostility, then ask yourself what you did that the target of your hostility should have known about. If you are aware of a guilty feeling, then begin with the cause of them.

The questions:

1.Who missed it? or Who almost found out about it? Who else missed it? Til flat.
2. Time?
3. Place?
5. Form?
6. Event?
7. list all justifications you made about your actions in the incident until you run out of them.
8. Was there an earlier similar overt? If yes, do 1 through 8, if no, go on to step 9.
9. Was there a prior confusion? (usually prior confusion turns out to be an engram which preceeded the overt.) Run the engram by description processing
10. When prior confusion engram is flat, ask, Was there an evil purpose? (An evil postulate or False Purpose) .One can desires to outflow evil after one has inflowed the evil of a serious engram.

OLD HAND FPRD PROCESS

When you have run FPRD for some weeks, or months you will go bang, right into the engram incident very fast, so the process abbreviates itself.

The old Withold System was:

Spotted charge on some Overt. Go to first incident.
! Time
2.Place
3. Form
4. Event
Justifiers,
Evil Purpose ?

Earlier similar 1234.

The Happiness Rundown is a list of sec check questions about 40 pages long, specifically intended for the FPRD. It is based on the Way to Happiness book. The Joburg and all other O/W lists are also auditable with False Purpose Rundown. It would be very valuable, though, not essential to start off by running every FPRD list and every OW list from the CofS. Good luck if you can get them.

THE OLD, OLD HAND FPRD PROCESS
1 Spot your hostility, or hatred.
2. Run the prior engram.

The Scio PTS rundown can be vastly improved by replacing the OWs process with FPRD. It a lie that the Scio PTS rundown handles all suppression permanently. The PTS rundown handles suppression only at first dynamic grades I and II. Every 3D Grace will permanently free one from more suppression. The Blow the Gloater process will handle many Suppressors in your present and past. Suppression decreases with the completion of every 3D and 4D Grace and Level. You gradually, after a number of Graces, get so that no one will touch your property. If someone intends to touch your stuff, you will get a read, and can blow the gloater, even from a distance of many miles.

This level stops natter, gives the ability to be honest, and produces the ability to forgive, but surprisingly, that does not include forgiving beings who are uncaring, irresponsible, and unrepentant. Blowing the gloater will solve that.

GRACE 3 (G3) UNDERSTANDING

PREREQUISITES TO GRACE 3

If you do not have prerequisites done, they will appear in session requiring digression from the main process. NOTS buttons, for example, are all unflat prerequisite processes for NOTS. You should have the Know to Mystery Scale Processes up through Symbolizingness Level done to completion before beginning Grace III

GRACE III PROCESS NOTE

A 3D grace 3 release was achieved by assessing items from both, The Personal Charge List, and the Expanded Gita List.

Perhaps LRH was joking, but he put several items at the tail end of the Exp Gita List, which he said, should be run first. You definitely should not study that list.

This process started out as the Hurdy Gurdy process from Science of Survival. It was an intense joy to discover that full ARCx assessment of

the Expanded Gita list produced ARC break engrams by the ton. Do not worry about four flows with this process, because it is worded in such a way that it will pick any charged flows, and run them. A lot of the time, you might not know who has the ARC break in the incident. It does not matter, because you know who has the engram. You run the engram chain E/S until flat, and the ARC break vanishes. The way One very interesting Engram ARCX which you might encounter with this process is THE BEGINNING OF TIME.

GRACE 3, PROCESS COMMANDS.
Assess any disagreeable subject, or assesss expanded Gita list for ARC breaks as follows: Write down the letters ARCU on one line, then write CDEINR on the next line then circle the one letter in each line which reads.
Are there any breaks in Affinity regarding …item from expanded Gita list.
Continue down the ARCU. If no read, go on to assess next Expanded Gita item. (Many of the Exp Gita items will produce several hot items before the process can flatten them.) It might take a week to flatten one item on the Exp Gita list if it is heavily charged.
If you get a read on Reality,for example, assess further by asking, "Was it Curious about Reality, and so on down the CDEINR scale.
You might be able to jump into the engram incident right from the start. If you do not contact the engram, run E/S ARCX until you do get into the engram.
Run the engram incident by repeater technique, and Recycling Description Process.
Prep check the incident to get you through any time you bog in the heavy engrams.

The engram, or other source of the phrase will run out. You will get:

Postulate
Pior Confusion
Earliest beginning of prior confusion
Prior postulate,
Upshot
Incomplete cycle
Operating postulate
Take a thetanish tour, with the facsimile
You will decide that it is good. For some reason that is the EP word.
Second EP – imbue suppressor thetan's identity into object and do ambulatory R+WD.
Blow the gloater.
Feel good. End of item

Go back to the assessment question, and assess it again. If there is a read, on the question, run it. You may get several reads on the same question. Just run reads, until the question is flat.

EP of 3D Grace 3 is sudden interest, and ability to run Change of Space Process at Thinkingness on the Expanded Know to Mystery scale. One should release before the Expanded Gita list is all done. The Change of Space process will appear like a cognition and the self-auditor will want to run it.

GRACE 4 (G4) REASON

THEORY

When someone intentionally harms you, there are two thetanish postulates to concern about. You have both your postulate of blame, and the other thetan's postulate, of harm, to resolve. LRH mentioned to me, in a chat, in l938, that evil beings reverse cause point and effect point for manipulative purposes.

Causes and effects can string quite a chain of events. This caused that, which caused something else, which caused something else. Actually, that is a lie. The cause point of concern, is always, and forever, the thetan, who made the postulate. Ref: Scale of Relationships. The buck stops right there, with the thetan, Bud. You can, of course, with a good enough session, take responsibility for any thetan making any postulate. That is part of your job, if you want to be happy.

LRH'S BIGGEST SER FAC

LRH said, "You are totally responsible for the condition you are in." Dear LRH: if I could take full responsibility for my condition, I would not be in this condition, now would I, and I would not need your auditing, nor training, either. What your ser fac is saying, dear LRH, is that no one needs Dianetics, nor Scientology. Do not blame me for not being OT yesterday. You weren't.

A registrar swindles a public individual, then announces, with a snicker, "You are totally responsible for the condition you are in." Absolutely not. You, Mr. Registrar, made the postulate to swindle me, but when I take your postulate into my session, I will resolve it, much to your dismay.

3D GRACE 4 PROCESS A

Run whole track service facsimiles by pulling the "In this lifetime" limiter off the Grade IV processes.

GRACE 4 PROCESS B

Assess for charged annoyances, incomplete cycles, inability use force, not responsible for, failures, self pity, grief, personal desires to be treated kindly, intended irresponsibility. A very good assessment question for just about any subject under the sun is," In regard to (subject), is there any glum area. Glum area equals ser fac. Confront a wrongness with a sneer or with something, like any body part. Assess how could you express glumness with … body part.

Run out why you are right, (rightnesses) emotional curves, excuses sympathies flowed, other people's wrongnesses, blames

Work out the computation why others are wrong and you are right.

Fill in the wording, "To stay… (in a certain state), in order to keep others… (in a certain state)"

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GRACE 4 PROCESS C.

Study without your demo kit. Erase the mental study masses by going earlier and erasing the engrams.

Work out the wording for any computation "To Stay…(in a certain state) Describe the state, "In order to keep others…(in a certain state.)Describe the state. Example: To stay paralyzed in order to keep people respectful. There may not be a Ser Fac computation. The study mass can be an ordinary engram incident which will run out with Repetitive Recycling Description Process.

Continue until process is flat.

You may never need your demo kit again after releasing on this process.

GRACE 4 PROCESS D

Any urge to strike out, and/or fight against chaos will be a service facsimile. Example: a part will not come loose from an automobile. An enraged mechanic gets a heavy hammer a smashes it off, denting the car. He should have run his ser fac when he just started getting mad. In this one, you run the ser fac as usual, and run the earlier enraged blow you delivered to some equipment or other, when the ser fac was made.

GRACE 4 PROCESS E – ILLOGICS

When you encounter sophistry (Intentionally false, and manipulative logic), it may restimulate impacts. People visibly flinch when they hear illogical statements, because illogics were intended to be made into fixed ideas (i.e. implants) by delivering blows each time the illogical statement was made. Example: the statement, "I see a lot of love." is illogical because love is invisible. If you are a being who has charge on the illogic in that statement, you will flinch every time you hear it. Some people compulsively snap out a denial of some illogic, thereby interrupting a discussion. That would be how they show the read. When you have no charge on a subject, you can graciously allow people to be illogical about it, and still advance your own ideas effectively.

You flinch especially when you momentarily resist an illogic, not so much, when you accept it. Having a big flinch on an illogic is a kind of

backward compliment. It shows that you are at least still trying to be logical. The flinch, of course constitutes a read.

Almost every time one is swindled, there was previous ignored, or suppressed illogic. The swindler, propagandist, or politician presented illogical statements, and one did not balk, and dig a little deeper. A man says he has a concert in this here auditorium tonight. Where are the posters. Where are all the busy preparations? A used car salesman typically gains his prosperity by making people accept illogical information. There would be a number of danger signals which precede illogic, such as trust, authority, a rush to get the communications over with, blocked lines of inquiry, etc. Some salesmen make mild threatening motions whenever they want someone to accept an illogic. Some put out a threatening mockup.

This process may be run ambulatory.

Assess life for a charged silly area. (Outpoint)

Examine the area of silliness.

Assess for a charged illogic.

Repeatedly verbalize the illogical statement in thought, however works for you.

Each time you verbalize the illogic, you will run an impact.

There may be few or many impacts. Do not be surprised if an item runs for a half hour or longer.

A lie, as an example, is one of the illogics. Lies which read should be all listed in one's personal charge list. Repeatedly conceive denouncing a charged lie, and watch the engrams fly. Repeatedly conceive investigating what seems to be a lie. Often a person who is talking steadily to another person states what is a charged lie for the other person. The listener bursts out, and with his version of the facts. The outburst is energized by charge, not so much that there is a lie. If one has no charge on lies, then discussions move to resolution much more quickly. Arguments are denunciations of charged lies from different viewpoints. When there is no charge, there are no arguments, only discussions.

Assess for a charged lie.

Repeatedly conceive stating the charged lie, and do flows.

Run the problems engrams which appear.

Do all charged flows.

Product: increased ability to reason. This process can be quite heavy, and can run for quite a while. It may turn you into quite a powerful lawyer.

GRACE 5 (G5) CERTAINTY

FIXED IDEA ENGRAMS

Freedom from prejudice, and fixed ideas. Ability to be scientific. State of certainty regarding what one knows.

3D GRACE 5 PROCESS A

Assess cycles of action for a charged can't Ref. Scale of Relationships applied to life.

Mock up bad cycle of action.

Run the engram

Regret? (Failed postulate to reverse time)There might be charge on ambiguity.

Alternate regret, ambiguity

Fixed position

Must reach, can't reach, must withdraw, can't withdraw

E/S fixed position

Move the identity conception of the suppressor who formerly moved you

Blow the gloater if there is one.

GRACE 5 PROCESS B

Pick a charged subject (You could probably run this process on subjects in the dictionary, but the author has not had time to test it out much yet.)

Get the idea of enforced belief on flow 1.

Get the fixed idea being intended.

Run out the violence of the communication aimed at you.

Get the fixed position

Get the prior postulate of fixed position.

Get the prior false stable datum.

Rerun the process again for each of the flows ,2, 3 and 0. This is a fast process. It has a lot of subjects.

GRACE 5 PROCESS C (A can't is engramically enforced fixed ideas. The purpose of this process is to regain a multiplicity of choices.)

Pick a can't in your life. (like Can't lose weight, can't jog, can't keep the place neat., etc.

Relate the can't to the phases in the scale of relationships.

What does it feel like.

Get the prior confusion (engram)

Get the fixed idea

Get the fixed position

Get the must reach can't reach, must withdraw, can't withdraw.

Get any e/s fixed idea.

Apply this process regarding all phases of the scale of relationships.(Find a can't, and conceive it as a can, then run the engrams which flow off.

That can't should be a can, pretty soon. If it is not, redo the scale of relationships again.

GRACE 5 PROCESS D TO CREATE CHOICE

Assess for a fixation in your life.

Get the pro-survival computation why it is that one should do it that way.

Get the prior confusion ETC.

SELF AUDITED SUPER POWER ENGRAM PROCESS

Living repetitive cycles is very similar to being on a wheel wheel. Wheels are very

GRACE 6 (G6) GOALS

GPMS

THE EXECUTIVE STRESS RUNDOWN

GPM engrams. State of pan determined individual.

One sets goals, then the goals may deteriorate into a 3rd Dynamic game. When a game goes bad, it becomes a battle, or a one sided attack. This process deals with Deds and Dedexes.

When adrenalin is released, without there being an opportunity for violent exertion, it turns to poison, hence, the impulse to fight needs to find expression in some forceful physical activity. It is healthy for organizations to keep a punching bag in a back room. An executive needs to remain calm while at work. The calmness of coffee addicts in the face of horrific stress results from the coffee having nearly destroyed their adrenal glands. That is why a new executive is prone to emotional outbursts, which can cost him his job. If he manages to hang on for several months, while drinking lots of coffee, the new exec will be as burnt out and calm as the old hands. The better way is to erase the stress engrams and so, remain naturally calm

This process produces a very rapid rise in tone level.

GRACE 6 PROCESS COMMANDS - Freedom from Vengeance. – Ability to remain calm. This process is done wherever you are, outside of formal session.

List, and otherwise look for places and scenes where one could fight. Take walks in all sorts of areas. Forest walks can restimulate facsimiles of fights with bears etc. Television and movies are very restimulative. The fight impulses can be audited while still watching the movie. You may need to be fast to audit as fast as the pictures restimulate,.or you may need to shut off the TV now and then so you can catch up.

Watch television shows, like hockey fights, America's warm up to the Iraq war, horror movies, the Sopranos etc. Watch some politician or judge lying. Drive in traffic jams until some idiot cuts you off. In other words, look to get restimulated by ideas of conflicts. This process can be applied to manual work when you encounter a glitch, or an auto part, which does not fit which should fit and all those things, which make workmen want to curse, and misemote. Times you decide some mess is a conspiracy by miltinational corporations. Times you almost lost control, or did lose control and lashed out. We need some group to collect hundreds of appropriate questions for this level.

Be aware that emotion played against effort produces energy. A burst of strong self-determined emotion will give the extra strength to move a heavy load. It is good to be in a state where those emotional outbursts, at manual jobs, are pure theta, instead of bank.

There will be awareness of impacts, for example of your fists hitting some past life enemy, or when you were OT, simply smashing uncooperative machines with a thought blast. These could be double flow engrams, the impact pain in your fist, and the pain in the opponents's face.

Note the prior confusion, which will be some hateful overt, or criminal intent, which prompted your vengeance.

Check flows 1,2,3,0 for similar charge.

GRACE 6 PROCESS B

Run the games process from Fundamentals of Thought as an engram process.

OTHER 3D GRADE 6 PROCESSES – GPMS

There must be 3D engram charge on GPMs but that may not be completely worked out at this time. Geoffrey Filbert, Ken Ogger, and others did a lot of work on Primal GPMs. There is other work on personal GPMs on the Net. It is possible to take terminals which restimulate tiredness, then to work out a line plot using tech from the red Scientology Tech Volumes. The Pre Hav Scale, and LRH's long list of restimulative words are excellent help in assessing for charge Perhaps others will come forward with the necessary GPM engram processes, if not, this author will give it a try in a year or two. Good Luck on that.

OT 2 GPMS SHOULD PROBABLY BE A GRACE 6 PROCESS.
Run OT 1, and OT 2 as per available tech.

GRACE 6 NEW THEORY

Every thetan wants to play some game. Each goal has both a theta side, and a decayed side. The only difference between a theta goal, and a decayed goal is its polarity. If you mock up a game, you think of winning, and losing. You also not-is a decayed game with effect goals. It is impossible to think of a theta goal without at the same time thinking of its decayed goal, and vice versa. A TERMINAL CONSISTS OF A POLARITY OF A GOAL ON ONE SIDE AND A DECAYED GOAL ON THE OTHER SIDE..

It is very likely that A GPM CONSISTS OF THREE PARTICLES. with two poles apiece. Each particle has two opposite poles which really are the same goal. That makes six items When one does a line plot, one gets only five items. That is because the sixth item is the back end of terminal number one, which is not-ised because no one wants to oppose themselves. A decayed GPM is an individual opposing himself in that way. For example, a being has the goal to be a saint, and when the GPM decays, he wants to be a devil. The being not-ised the fact that he had to conceive that devil right from the start, in order to create goal of being a saint. Conversely, a being with the decayed goal of being a devil not-ises the fact that the back side of each devil is a saint. This looks like the old Pogo cartoon. "We have found the enemy, and he is us." One would therefore expect Satan, after all these millenia, to be an extremely kind, beautiful woman at a social level, and God? Never mind.

LRH seems to have made an error. Based on line plots, and other data, this is not a two terminal universe. It is a three terminal universe with two terminals opposing, or interacting in some way, with a third terminal, more or less unnoticed, or invisible in the background manipulating the other two. We could coin a new phrase here. The unnoticed terminal could be called the manipulation terminal(Manip term). LRH called it a Coterm but he only partly defined its action the new name is more precise. So there are two terminals in opposition and one terminal in manipulation. The third terminal is always in control. The three active terminals in any GPM could be called, Term, Opp Term, and Manip Term. The terminals change oppositions, and reverse polarities in the line plot, to form all possible combinations. When the line plot goes full cycle, it comes back to the first terminal, which reverses polarity, and that is called decay of a goal.

At every football game, and at every wrestling match, there is a cheering section. They are there for the sensation. They are the Manipterms. One half cheers for the underdog. One half cheers for the hero. Wrestlers always play the crowd. The good guy wins for a while, then the bad guy pulls a clever dirty trick, or vice versa. Occasionally, at hockey games and at soccer games, the crowd switches from Manipterm to Term and Oppterm. Then the crowd forms teams, which take turns beating on each other, because the players on the field have now become Manipterm.

Thus we have third party law. We also have electric generators, which consist of three parts: magnets, copper wire, and a base, or framework to hold things together. We also have the three great monastic orders of Tibet, which are, Shamballa, Agarthi, and Shangri-La. These separate monasteries were for dealing with planetary GPMs. The three monasteries, worshipped the wisdom of three different demi-gods, Ahriman, Lucifer, and Ahura Mazda. (The word, worship, in the Tibetan sense is more basic than in the European sense. The etymology of the word "worship" is Verre, which means truth, and To Seek. To worship a deity meant to seek his truth. not to grovel, plead, and abase oneself. If you look at the subject matter of their work, you quickly calculate that the

Tibetan Monasteries should be exterminating each other, but they are very wise. They know the structure of the GPM better than the Scios do, in some ways. Hats off to the Tibetans before we buckle down to work with these new ideas.

The Illuminati have a version of the Tibetan theme in the Trilateral Commission.

The likely successful method of approach is to be the thetan three feet behind the GPM's head, and not be any of the charged terminals. Imagine an equilateral triangle on a level surface. The points of that triangle represent the three terminals of the GPM. Then you hold your viewpoint in an equilateral position above the triangle. That makes a three dimensional tetrahedron. Buckminster Fuller said that atoms were really shaped like tetrahedrons. Perhaps atoms are really GPMs with little bits of theta above, monitoring each of those GPMs, except when another atom moves into the theta position, and then the theta monitoring position moves to another point further exterior. If so, we have a potential path for auditing not only personal GPMs, but possibly also, the Sixth Dynamic.

Now, getting back to the 3rd Dynamic… From the viewpoint exterior from the GPM, one could control any of the three terminals of that GPM by flipping the polarity of what you choose for a manip term. Remember that any terminal can be a Term, an Opp Term, or a Manip Term. A being with some big goal is fixated, and therefore the effect of both his manip term, and his opp term. When an opp term flips, to become a manip term, at that instant, the manip term also flips to become, either, a term, or an opp term. This is the technology of Sit Coms. Comedy is not just the idiot and the straight man, it needs the situation. People love to sit, for hours, watching these terminals switching around. Now you know how to get a laugh out of any situation, no matter how serious it is. The bigger the polarity, and the more surprising the switch, the funnier the joke. The being with DA BIG GOAL finds him self opposed by another term, and is now a friend of his former opponent. All of a sudden these two are fighting, instead of those two. You can, if you choose, remain the manip term at all times, and everyone else is in opposition except you, but then, for another laugh, you will switch terminals, and let some other terminal be manip. So betrayal is nothing but a big joke huh? Oops. Don't get serious out of session.

Demo this out with three ordinary batteries, or three short sticks, each with one end painted black, and one end painted white. Label each end of each stick with polarities from a six item line plot.

The solution is at least sevenfold. To become able to comfortably be, or not to be any of the six polarities of a GPM, as well as to be able to be exterior from the GPM. You would set up a six terminal line plot, and work some sort of drill so that you could switch beingness to any pole of any terminal with ease, and comfort. Who's afraid of the big bad GPM? Okay, so maybe I am, just a little bit.

The I Ching might be used to analyze all the possibilities of a GPM in action, for social purposes. The Oriental symbol of Yin and Yang has two circular dots in it. Those would be the manip terms, the neutral

terms. So, all is not Yin and Yang. All is Yin, Yang and Neutral. All bodies are not female and male. The genders are female, male, and neuter. In Nuclear Physics, there are electrons, protons, and neutrons. Atoms are of positive, negative, and neutral chemical valences, in about equal number. In Chemistry, there are acids, bases, and salts. Colours are masculine, feminine, and neutral. It is worth checking out.

This material on GPMs is totally theoretical just now. I take no responsibility for what happens to you if you experiment with this stuff. Do so entirely at your own risk.

GRACE 7 PRINCIPLES

VALENCES, BLACK AND WHITE RIDGES, AND AUTOMATICITIES – The ability to be yourself.

List any areas where you feel the need to be socially acceptable, or to put on some sort of good behaviour or right behaviour, or appropriate behaviour. Think of trying to impress someone. Think of acting various roles in any life situation, you encounter. These acted roles will come very easily. Whenever these roles seem to be other directed, and have a whiff of force in them,(like most of the time.) they are valences. Think of Peer pressure. If you are a martial artist, what is your battle cry? Is that your cry, or is it a mimicry of Bruce Lee's battle cry? When you talk to a baby, is that cute voice your conscious creation, or is it someone else's creation. Think of what is in restimulation when people are able to take advantage of you like borrowing money, which you know you should not lend. When you run these items, look for all possible ways to expand this list. LRH apparently never made up the hundreds of questions (which usually make up a Scio grade.). The methods here should bring up all the needed reads.

Get lists of all possible roles in life. Good luck if you can find such lists. It is easy to make up lists of charged roles by observing your life, and noting the items on your little note pad. We have tone scale applied to org board posts, and to all jobs in the Yellow Pages, the way the neighbors and classmates carry on. There are lots of ideas to explore here. Dramatize roles in session. Assess by spotting any feeling of unnaturalness, or artificiality in your communications or actions, or any non-self determined compliance with coercive group demands ie, robotism. Get the resultant stiffness of some body area. That is the location of the valence engram in restimulation. Activate the valence engram by repeating the valence dramatization. Finish running the valence with repetitive recycling engram processing.

ALL AUTOMATIC RITUALS ARE ROBOTISMS. Repeat the ritualistic action over and over, in your mind, if not in reality. In private is okay. The automaticity engram will start to run out after only a few repetitions.

Not all robotisms are bad. It has been pointed out that driving a car, and morning hygiene rituals are quite pleasant, and usable robotisms.

THETAN MACHINERY – Erase thetan machinery by repetition as per Creation of Human Ability, Intensive Procedure Route One.

BE ANYTHING PROCESS – There is a rumour that LRH devised a process which confers the ability to be anything at all. If so, then such a process might fit in here.

CONGRATULATIONS WHEN YOU HAVE FLATTENED ALL SEVEN GRACES, YOU ARE A THIRD DYNAMIC CLEAR

.

SEVEN GRACES VOLUME TWO
BY LORD EXITTER
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CHAPTER12
COLLECTED ARTICLES ON SUPPRESSION

MANY ARTICLES IN THIS CHAPTER ARE HOT OUT OF THE RESEARCH DEPARTMENT. BECAUSE OF THAT, THEY ARE A LITTLE REPETITIVE, AND A LITTLE CHAOTIC. THEY NEED MORE ORGANIZING, BUT THAT CAN BE DONE LATER. SOME OF THE RESEARCH ON SUPPRESSION IS INCOMPLETE, BUT WE CAN HANDLE, AND CONTROL THE GREATER PORTION OF THIRD DYNAMIC SUPPRESSION, AT THIS TIME.

1. KEY WORD DEFINITIONS – REGARDING SUPPRESSION

SUPPRESSOR (SUPPRESSIVE PERSON) – DEFINITION – A suppressor is a being who is trying flourish in life, and to go OT in spirit, by committing overts against theta beingness, and against survival. If the suppressive is successful in gaining social power, and protection, the suppressive commits further overts, against survival, injuring bodies, attacking personal rights, and causing systematic social chaos.

The suppressor kills himself spiritually, with every harm he commits. Since he begins by attacking theta, there is eventually no theta left to resist the harm he commits against survival, so he goes unpunished. If he did not automatically punish himself, he would have long ago conquered the universe.

The cycle of that spiritual death is now known.

The suppressor gains pleasure by gloating at the restimulations, misfortunes and engrams, experienced, by others.

SUPPRESSIVE CLINKER – A BLACK BUTTON THETAN – A BLACK STATIC BEING – A BLACK DOT THETAN – DEFINITION – a black, dead mass, which has replaced the SP's theta. The secret home of a black dot thetan is typically in the black core of some heavenly body. The black dot is a projected viewpoint, which participates in society, and gets mistaken for a theta being.

COMPASSION – DEFINITION – Compassion is good will expressed as empathy, which permeates higher dynamics than the first. Compassion is an extension of personal beingness right through other dynamics knowing that they are self, as well as free beingnesses. By compassion, any number of beings can be the same person or the same dynamic at the same time, comfortably, and without conflict of interest. Compassion is a state of

non-solidity, and love for one's fellow beings, in a very high sense of the word.

SORCERER – DEFINITION – A suppressive, who goes to theta beings, who are the source for anything good. The suppressive restimulates the area, in order to take over control of that source. Theta beings are causative, and therefore, are the sources, which a suppressor intends to use.

The most extreme opposite of theta, by the way, is not matter, but a black hole. A suppressive deadness is equivalent to a black hole, in a spiritual sense.

THE QUE BONUM RULE:

Suppressive cause is usually an oxymoron. There is usually no such thing as a suppressive causative, source point. The suppressive restimulates by inflowing theta, and not outflowing any theta. The restimulation causes theta beings to dramatize evil. Look for the inflow point of the benefits of evil, and there you will find your SP.

Only a small percentage of suppressives achieve enough power to be a causative outflow point. Those are exceedingly dangerous.

The Latin catch phrase for the search for suppressives is, "Que Bonum?" which means, "For whose benefit?" but just because you have found your suppressor does not mean that you are free of him yet.

ORGANIZATION n. – A group of people who have gathered to achieve theta goals, mest goals, and possibly entheta goals, and enmest goals, and have developed a group mind to help coordinate their efforts.

MAD DICTATORSHIP LIST – The leadership factors of a group, which turns predator, occupied, now, with brutal conquest

GROUP THINK - Since the organization has a group mind, it is a living thing, part group think and and part individual think the ideal ratio is about 55 percent individual to 45 percent group think. Sick orgs run at about 95 percent group think. When a group gets that bad, better to let it die, and start over, than try to free up that much solidified group think.

THE MANY LISTS OF SEVEN

Points of suppression come in sevens because of the sevenfold nature of the org divisions, and the similar sevenfold nature of the grade chart. You will see a lot of sevens here, not that we are in love with the number, but because that is the number of theta life functions of our concern.

THE DEGRADO – A degrado loyally desires to be an underling or an overling in a reverse org board. The degrado has been so often

overwhelmed, by suppressive management, that he is compulsively dedicated to the Reverse Org Board.

There should be a catalogue of all common degrado computations and their source implants to serve as a 4th Dynamic auditing list, and to warn against unwittingly adopting them in any group. The Wall of Fire 35 Day Implant was intense reverse org board training. Top degrados are all suppressors.

Enemy agents and other suppressors have long ruled the CofS, and they have reversed the Org Board. If he knows his job, as a 3D auditor, the Theta Being can uplift the group, and win. Degrado beings need special theta control factors lest they go astray. How to raise degrados to big beings has been worked out. The processes, which resolve degradation appear in this book. All beings have been somewhat degraded, and need those processes.

TEAM SPIRIT OR ANIMAL MAGNETISM – DEFINITION – a group mind, (a chakra), which helps group members work together as a team, support each others actions, and look, and behave, in somewhat similar ways. Animal magnetism is generally not evil. It can make a group very effective. It can usually be ignored whenever an individual chooses. When animal magnetism gets strong, a group will actually share somatics, health level, sicknesses and telepathy. Women will menstruate at the same time. When a suppressor restimulates several people in the group mind, then the entire group feels somewhat unwell, and the entire group feels compelled to dramatize unwise, or evil acts.

EVALUATION – DEFINITION – The act of holding two, or more ideas simultaneously, in the mind, and comparing their degrees of differences and similarities. Evaluation of ideas is a vital life ability, which the theta being has, and the suppressive does not have that ability.

AUTHORITY, SPELLED WITH A CAPITAL A. – In this book, I follow the LRH custom, that the capital A indicates the stuffed shirt kind of prejudiced Authority who deals in supersititious fixed ideas, and only incidentally, in real knowledge. This includes university professors, and government pundits. Anyone who uses some rank, or position to make beliefs unquestionable is such a Capital A Authority.

GROUP BANK – DEFINITION – somatics felt, through a group mind. When a suppressor has restimulated two or more beings, with the same suppressive deadness, he has begun building group bank.

An outsider or new group member, who has not yet shared the suppressive restimulation, of enforced group think, freshly feels group bank, and knows that there is something wrong with the group.

PEER PRESSURE – DEFINITION – team spirit, or animal magnetism.directed by group bank.

SOCIAL STATUS – Imaginary barriers limiting whom an individual is allowed to communicate to, and still get treated with respect. Even though the barriers are imaginary, they get enforced until the theta being erases his bank regarding them.

BONNES OF THE MEST WORLD – Definition - Bonnes are materialistic conquests, which the suppressor specializes in acquiring, and accumulating, and brutally denying to others. They are shameful accumulations of dead energy, pretending to be high theta.These suppressive monopolies are the SP's version of high survival potential. Bonnes are the mest, mirror image, mockeries of theta. The Bonnes make up a suppressive org board. The suppressor generally specializes in accumulating one of the Bonnes, to the exclusion of others. The SP, to be successful, generally does not cross Divisions of his suppressive org board.

The goombah with all the high status leadership titles, the private army, the yacht, the big house on the hill, the factories, the big diplomas, the fame, and the slaves; how did the fat cat on the hill get that way? These bonnes are almost never collected honourably. Decent folks are not that interested in material gains. They are almost always knocked off the ladders of success, anyway. The bonnes almost always go to the biggest suppressives around. Occasionally, you get a high-theta being, who deserves his earned wealth.

GROUP THETA – DEFINITION - a group mind, which shares theta goals, and key out experiences, perhaps from good leadership, or successful coaction, or shared pleasure moments. When group theta is faked, it is robotic peer pressure and it is an indicator that a suppressor is hard at work, manipulating the group. Example: robotic clapping at Scio meetings.

2. MECHANISMS OF SUPPRESSION – SOLVED BY AUDITING

The suppressive operates by restimulation. That means you can solve and even prevent any suppression in your Third Dynamics by merely erasing enough of your own bank, so that there is nothing to restimulate. The auditing is now apparently good enough to do that for you.

3. HOW A SUPPRESSOR WORKS

1. The suppressor destroyed, compassion within himself by denial of life. The suppressor does not care for theta.
2. The suppressor developed a taste for blood, and torture by black magic ceremonies. The suppressor wants to see you have deadly engrams. Fortunately he is usually quite weak, and timid.

3. The SP, being already dead, very easily learns, and applies the arts of restimulating others, because he already has the tool, the attitude of a dead being.
4. The suppressor responds to the seven theta communications with disabilities, which are his deadnesses, they are an inverted wave which is mest oriented, and bank oriented.not theta oriented.
5. The theta being tries to get through to the suppressor to get a theta response. The suppressor suggests adopting inverted communication concepts, which are fake theta.
6. The theta being re-expresses himself in concepts of inverted theta, and the SP, now working in his element, sabotages the communication. The re-expression was Q and A with his own theta, and thus he springs the first trap on himself. It has the degrading power of increading agreement with the mest universe
7. The theta being feels mildly betrayed, and persists, but he is probably restimulated by the sabotage of his communication, and he shows the read in any number of ways.
8. The supressor picks up on the read, and asks for the verbal description of the somatic. (The button, in other words. The theta being complies, by describing his button. This is a trap, because it is handing over a control point for his bank.
9. The suppressor now restimulates the theta being by pressing the button, which has been carelessly handed over.
10. The theta being, now defeated reduces his theta, so as to decrease the restimulation, which will be one of the seven expressions of the theta abilities, reduced by a corresponding engram bank item. This is the trap of self-degradation, in hope that it will being peace.
11. The suppressor is now senior to the theta being because the theta being has reduced himself smaller than the SP, and the suppressor now can control, and attack the theta being, at will. Thus the suppressor has trapped a servant or slave.
12. The suppresor traps other beings in the area, thus he comes to rule a small group. This is the level of peer pressure. The peer group flows tribute to the SP, their leader, willing or not.
13. The bonnes (the good things) flow to the suppressive. The suppressor accumulates the riches and honours, which accrue to management positions, and uses them mainly for ostentation. This is the level of the reverse org board.
14. Based on his collection of bonnes, the suppressor gains coercive powers, and uses them to command theta beings to do harm. The suppressor uses the clout of a now brutal organization, to intimidate, and punish any group member, or enemy. This is the level of gangsterism.
15. Uniting with other suppressives, the now, powerful gangster Suppressors cover, and support each others' crimes. This is the level of the police states, which are governments in league with criminals against their people.
16. The suppressive now has police protection, so that he can freely, and safely inflict death, and torture, and in such ceremonies, he gloats, and

gains OT perceptions, and powers. Unfree group members, sufficiently punished to be implanted with enmest goals, now attack non-group members, as gangsters. Although.still insane, and still crippled, in many ways, the suppressor is now a formidable enemy of mankind.
17. Now, in control of all resources, the suppressives expand their conflicts to genocide, and world wars. Group members, now serving as absolute slaves, with insane goals, under a mad dictator, go to war against other groups - The suppressor sets genocide goals, which recoil on the group, and result in the death of the group, in world wars.

4. THE ORG BOARD OF SUPPRESSIVE DEADNESSES, AND THE SEVEN FAKED SUBSTITUTES FOR THETA COMPASSION

Suppressive deadnesses are destroyed compassions.

DESTROYED COMPASSIONS

Lack of compassions is what separates the suppressor from the Theta Being. The suppressor killed these compassions within himself, so that he could always unjustly rule over others. Thus he destroyed his own beingness, and now compulsively harms others, so that he can gloat from his dead viewpoint. The Suppressive decided to gain freedom and powers by never caring what harm or loss, or lessening of happiness may come from his crimes, or from the crimes of fellow Suppressors. When the suppressor lost his compassions, he developed fake substitutes, so that he almost seemed compassionate, but he was really fooling a lot of people, successfully.
DIV 1. Dub-in instead of duplication
DIV 2. Motivators (external prompters, or injuries) instead of responsibility
DIV 3. CDEINR, instead of ARC, Broad generalities instead of personal viewpoint
DIV 4. Conformity,instead of evaluation. They explain, teach, and uphold the status quo. Unreasonable conformity is simply an oppressed condition. They believe that a new idea is merely a misunderstood instruction. They believe that there are no new ideas. They thinkYou must have found it somewhere, or plagiarized it from somewhere.
DIV 5. The opinion of an Authority, instead of the certainty of personal observation.
DIV 6. Competition, and Conflicts over enmest goals, instead of theta goals.
DIV 7. Arbitrary rules instead of principles.

The Seven Suppressive Deadnesses are horrible spiritual handicaps, which Suppressors have imposed on themselves, usually far back on the track. This self-murder was usually guided by priests of highly secret dark-side religions, some of which exist to this day. The Suppressors knowingly agreed to participate in the rituals, and willingly paid the price of eternal damnation for the sake of temporary pleasures. The powers, and sensual pleasures of the SP, are terminated when his victims free themselves, and leave, one by one.

The suppressive deadnesses are both an org board, and a grade chart. They are seven ways a suppressor is unable to interact intelligently. The deadnesses are restimulative weapons, which are deadly against an untrained theta being. The Seven Suppressive Deadnesses gradually enrich, and empower the SP, and gradually enslave theta beings, and that was the motive for developing them.

A thetan, who has managed to degrade himself into deadness is no longer a source of light. He becomes literally, a black button, or black dot. A high percentage of psychics and mystics, are exterior black dot dead thetans, usually of a less dangerous kind. PHOTOGRAPHS OF THETA BEINGS, AND SUPPRESSIVE BEINGS. If you take colour photographs of gatherings of mystics with some kinds of ordinary cameras, you will see, on those photographs, both orbs of light, and black dots hovering near the bodies. The orbs are exterior theta beings, and those black dots are exterior dead suppressive, or theety wheety beings, weakly pretending to be human.

Unreliable, but very real, psychic perceptions turn on when a being is dead. Magic powers also turn on, for these dead beings, but they are not under that being's direct control. He feels he must be first inspired by muses, or some such thing.

Most dead thetans can no longer gain pleasure from sharing survival and happiness with others, only from the suffering, and dying of others. In fact such a being feels that he shall surely perish, if he fails to cause agony, and perhaps death, for other beings. So far has he sunk.

5. HOW THE SUPPRESSOR MAKES INVITATIONS TO HATE

The suppressor invites theta to fight against another kind of nothing, by inviting futile hatred, or futile attempts to contact theta.

You can't fight against a nothing. Spiritual deadness is a kind of nothing – at tone minus 40.0. An SP's deadnesses are like the tarbaby, and a theta communicator would be like Brer Rabbit. Suppressors are frustrating because you cannot get through to them with theta.communication. Their deadness neutralizes your theta. Then, when you start to communicate more forcefully, you are at that moment restimulated, and are less the thetan, and more the owned MEST of the suppressor. The suppressor sees that you are restimulated, then he asks you to agree with the physical universe in one of the seven ways. When you do that, you are in a position to be attacked by one of the seven ways in which the force of a group overwhelms an individual. When you are overwhelmed by group force, you can be posted on a job, which serves mainly the SP. When you build up the production statistic of your job, you have built up the bonnes, which are fake theta power in the form of MEST accumulations. When the Bonnes are large enough, the suppressor can use their power to attack and injure individuals without fear of retaliation. When enough beings are injured, they can be enlisted into the service of a mad national dictatorship. When a mad dictatorship has enough regimented masses, it takes on insane genocidal projects, and wars, which kill off the population of that nation.

A typical example: The theta being prefers ARC to coercion. Every time the theta being makes an ARC commitment, the suppressor changes it somewhat, and coerces it The theta being says, “Now wait a minute. I made an ARC commitment but you are ARC breaking me, by enforcing a slightly different commitment.” The suppressor, simply does not comprehend ARC, and keeps hammering away at the CDEINR scale. A workman says that the boss’s coercion to work harder, and get stats up, is harming.his health, and is interfering with his life. The boss makes a point of just not understanding the sufferings of workers, and he can’t understand that anyway, because he is dead in that area. The more ARC commitments the suppressive makes, the more beings he can force to work for him. He never makes ARC commitments himself, because he is incapable of ARC. That makes a one way flow. All service and wealth goes to the suppressive, and the suppressive cares nothing for anyone else. So, he gets filthy rich on fake ARC.

6. HOW SUPPRESSIVE DEADNESS INVALIDATES THETA

1. You are not making sense.
2. You are behaving suspiciously.
3. You are annoying.
4. You are unreasonable.
5. You are imagining things.
6. You are not cooperating.
7. You are not behaving properly.

7. TO AUDIT CONFRONTATIONS WITH SUPPRESSIVE DEADNESSES

Conceive persisting, and trying to get the appropriate theta response from the SP, or suppressive area.. The somatics will appear, and the engrams will run. The suppression will dissolve, for you.

HERE ARE SOME CONFRONTATIONS, WHERE YOU CAN FIND CHARGE TO AUDIT:

Science is not the Authority of men in lab coats. Scientists are bought, and their opinions falsified at the whim of any supposed philanthropist. Science is a native attribute, of any being who can observe, with certainty, and compare those observations, with his own ideas. A free individual dedicated to exact observation, can far surpass the number of scientific discoveries made in the laboratory, and such an individual with a laboratory to serve him would make an amazing number of physically valuable discoveries.

A sane being must know the difference between observation, and meaning assigned to observation,and the difference between actual personal observation, and delusion. The suppressive is unable to distinguish the second difference. A characteristic of insanity is the compulsive denial of the fact of the certainty of observation.

The suppressive is incapable of being certain of observations, and incapable of comparing those observations with his own ideas. The

suppressive compulsively disbelieves the certainty of personal observations, and compulsively refers conversation to the superstition of belief exclusively in Authorities. Certainty of observation is senior to logic, and also senior to all Authority.

The suppressive does not need ten cents worth of intelligence to defeat a theta being in this kind of argument.

Grace VI ability to be pan-determined and cooperate toward theta goals. The Suppressive simply cannot reach to assume a pan-determined beingness, and he is incapable of having theta goals. He points out that the individual does not want anything, (Theta goals are a nothing.), redirects the conversation to a me, me viewpoint, and mest goals, even enmest goals. A contest trophy is an enmest goal, by the way, much like the spoils of war. Third party proposals, or third party lies, result in competitions, and conflicts, instead of cooperation.

Grace VII ability to be the true self (in valence) and operate on principle regarding judgement.

You must be in valence to operate on principles. The suppressive simply does not acknowledge that principles exist. If you talk of principles, he can think of an arbitrary rule, or law, which you will break if you try to do the right thing, and operate on principles. If you try to explain a principle to him, he just won't get it. He will compulsively redirect the communication toward arbitrary rules, and will not trust judgement.

8.THE SELF-DEGRADATION ORG BOARD

The seven ways, that a restimulated being willingly degrades himself, and makes the suppressive his senior.

DIV 1. The PTS being, misduplicated reduces his communication reach, thus reducing his own ethics reach. The theta being tries harder to communicate theta aspects – The suppressor, sensing the strain, and asks for, and gets the restimulator button.

The theta being reduces his reach, because he knows that his attempts at theta end in restimulation. – the suppressor suggests that an aspect of the reverse org board be implemented in the collapsed space.

DIV 2. The PTS being, hostilized, (affronted with hostility), subscribes to a moral code, instead of ethical behaviour, to make peace, thus decreasing his own integrity.

DIV 3. The PTS being, subordinated under an overseer, allows himself to be coaxed into straining at work, thus decreasing his own ARC.

DIV 4. The PTS being, surrounded by inflexible conformities, takes punishment for errors on his job, thus decreasing his ability to learn.

DIV 5. The PTS being, fixated, by a one way flow of information, forces himself to believe his authoritarian teachers, and priesthoods, thus decreasing his own certainty.

DIV 6. The PTS being, given an enmest goal, takes part in competitions arranged by his suppressive leaders, thus betraying his own theta goals.

DIV 7. The PTS being, given a robotic ritual, drills himself up to act robotically to suit his keeper. Thus violating his own principles, and decreasing his own beingness.

Sufficient restimulation, and peer pressure makes group members willingly accept a reverse org board.

When peer pressure of group bank becomes too strong for the individual to resist, then suppressives impose a reverse org board.

Sir Walter Raleigh is credited with founding the British Empire, (assisted after his death by Benjamin Disraeli). Raleigh corrected England's laws, developed the military, glorified her culture, and raised her economy to power. His reward was to be falsely accused, and beheaded at the tower of London. Raleigh, had time to analyze the causes during his final imprisonment. He stated, more or less that he now knew that it could not have ended any other way. He was doomed to be executed, from the first day of his career.

He was aware of the incredible strength of the suppressive forces, systematically following him, and installing reverse org boards.

9. HOW A PTS STAFF MEMBER WILLINGLY SERVES A SUPPRESSOR

1. A PTS staff member willingly serves the suppressor, by obligingly.reversing his personal ethics formulas lessening his communication reach, as befits his supposedly low status. He accepts a low status level, and accepts punishment from seniors, (especially engrams), and accepts; for example derogatory communication as discipline. Notice the insane one-sided nature of comm cycle between officers and subordinates. He is manipulated by Rank, seniority, and status.

2. A PTS staff member willingly serves the suppressor by consenting to an expanding ever changing moral code, thereby setting up theoretical overts and witholds on an arbitrary basis. He thinks he has no witholds. Suddenly the moral code changes and he has witholds. These moral codes get shifted around, by the local SP, to suit his needs. The staff member accepts inspection before the fact, unauthorized Gestapoid threats and manufactured personal guilt (reverse dissemination.). He tolerates blustering rudeness based on phony moral code breaks. This is, incidentally, another good source of material for sit coms. He is manipulated by makers of gossip.

3. A PTS staff member willingly serves the suppressor by giving up sovereignty (ownership) of his own workspace, and especially, sequence of tasks. A person's workspace is a version of his own universe. In one's work space, one is a god, of sorts; but one gives that up under social pressure manipulated by a pusher.

4. A PTS staff member willingly serves the suppressor by accepting a computation of blame, thereby adopting incorrect admin procedures. He works He thereby accepts wrong whys, and is manipulated into working ineffectively, therefore never able to get ahead. If a person feels that

promotion looks unattainable, it is because someone is slipping him wrong whys. Check out the Sanity Scale in relation to this.
5. A PTS staff member willingly serves the suppressor by allowing himself to be fixated in position, and allowing others to fixate his ideas. He does a small fixation by wearing a uniform. He attends meetings where individuals sit fixated in rows facing a speaker. He, neither moves, nor speaks while the current party line is presented. Thus he accepts, absorbs, and fixates illogics for the sake of the group. He can also be subliminally influenced by the media injecting confusion followed by commands. He is manipulated by Authority. He picks up the group dogma, and memorizes its chatechism.
6. A PTS staff member willingly serves the suppressor by going into competition with everyone. He is manipulated by the PR of a demagogue, and restimulated by challenges.
7. A PTS staff member willingly serves the SP, by drilling his behaviour into robotic rituals. He is manipulated, by a brutal dictator. He willingly does a job without knowing why, and the senior forbid him ever learning why.

10.SEVEN ARGUMENTS, WHICH YOU WILL ALWAYS LOSE, TO A SUPPRESSOR

LRH said in Scientology 8-8008 P 78, that any difference in potential, played one against the other creates energy... analytical waves against emotional waves, emotional waves against effort, effort against matter, and so on. THE SUPPRESSOR GETS ENERGY BY PLAYING HIS BLACK SUPPRESSIVE DEADNESS WAVES AGAINST LIGHT THETA LIFE WAVES.

Both theta and mest show a lowering energy frequency, as they condense, and become less light giving. Then it goes the other way. As the darkness deepens even more, the energy frequency starts to rise again. Thetans are the same way. A thetan at tone minus twenty would have the same emotional energy frequency as a thetan at tone plus twenty. The two thetans would interact very easily, and share supposedly similar views, but in practise, the thetan at tone plus twenty would be about a million times more causative. That would be why the SP, Judas Iscariot would have gotten along well with Jesus. Judas, the dead thetan would have been operating at the same tone level frequency as Jesus, but definitely not the same tone level. They would have considered similar thoughts, but Judas' thinking would have been useless mirror images, of Jesus' thoughts.

One can observe that the seven suppressive deadnesses are inversions of theta attributes. When a theta being seeks to communicate theta concepts, the suppressor responds, by presenting one of his highly restimulative deadnesses, until the restimulated being offers up bank buttons. If no reactive buttons are forthcoming, the suppressor actually asks for buttons, even demands them. Then the suppressor fakes vital abilities by communicating those bank buttons, instead of theta.

The components of 3rd Dynamic suppression have now been isolated, listed, analyzed, and solved.

Don't argue with the crazy man.

Theta reaches will encounter their opposites, which are suppressive deadnesses. No one can turn a suppressive deadness into a theta compassion, by arguing. The longer you argue, and plead for compassion, the worse you will be restimulated. If you are strong, and stable, you can continue to hold your theta space until the suppressive deadness wears out, and drops away, but only after you are relatively free of that kind of bank. This holding of one's theta space is an anti-Q and A action, which can be as important as life itself.

Either a person gets these points instantly, or he does not. If someone wavers, he is PTS, and can usually be helped by mere training, or a kindly discussion.

You will not be able to logically, emotionally, or any other way talk a suppressor into communicating the seven theta concepts. Theta concepts are simply not arguable. You either get them or you do not. If you waver, you are PTS, and can be helped on this one, somewhat by training. The suppressor considers his deadnesses to be OT abilities, because he is super-stable in them, and he can never be defeated, by being brought back to life.

THE VERY FAST WAY TO MAKE A PTS GROUP INTO A HOSTILE ONE IS TO KEEP DEMANDING THAT THEY TAKE THE ATTITUDE OF THETA, INSTEAD OF THE SUPPRESSIVE DEADNESSES, WHICH THEY ARE PTS TO. YOU ARE RESTIMULATING THEM HORRIBLY, BY DOING THAT. THEY WANT, DESPERATELY TO OPERATE AS HIGH THETA BEINGS, BUT THEY ARE NOT SUCCEEDING, AND YOU ARE RUBBING THEIR NOSES IN IT. THETA IS NEVER ACHIEVED BY FORCE.

DIV 1.Trying to get an SP, to duplicate the theta intention of a communication. (Ethics, in terms of optimizing communication reach.). The suppressor compulsively alters what theta intention you communicate, and directs you to Q and A. A lot of clerks in shoe stores, and clothing stores, for example, will absolutely not give you the kind of item, which you ask for, no matter how much you persist. He may eventually be forced to approach the item, and even move it on its shelf, but will not actually hand it over to you, because he cannot complete a cycle of action. You must do that last little bit for him, and boy, does he ever struggle to achieve that last little particle of control. If you pay close attention, the suppressor comes close enough, so that it seems like he is complying with your request, but he never quite, exactly carries it out. Their entire lives are like that. Their social product is to make people Q and A.

DIV 2. Trying to get a suppresor to take responsibility for any action. He feels that things he does are merely caused by forces outside of his

control, therefore they just happen. His justifier for all overts is not why they were right, but how something else made him do the acts. Be careful of this one. The suppressor thinks he does natural automatic responses to stimuli.
DIV 3. Trying to get a suppressor to feel ARC, so that he will not be addicted to CDEI coercion.
DIV 4. Trying to get a suppressor to discuss logic, and new ideas .He assigns wrongness to any improvement. He thinks any idea is a misunderstanding of the forms of status quo. The forms of the status quo have mass, and solidity, which, of course can crush any theta idea. He believes that there is no such thing as a new idea, so, resists training for his juniors, because he wants blind obedience without workers knowing the whys. The suppressor is one who will not object to being trained in this way. This is why Scio staff members were never allowed to apply KSW. That is why valuable new ideas are never accepted from workers.
DIV 5. Trying to get a suppressor to validate the certainty of an observation. He can only have conviction. He looks for Authorities to believe regarding any given subject, and enforces their fixed ideas.
DIV 6.Trying to get a suppressor to be sincerely cooperative. His idea of PR is to identify, and announce areas where selfish, and self-interested conflicts could arise, thus setting up conflicts, and competition. That is how he gets elected. He does not believe in friendship, only in selfish interest.
DIV 7. Trying to get a suppressor to apply a theta principle to varied examples. He will always demand that you give him an example, then, he will memorize the example as a ritual, but he will never get the principle. That is why you can't train a suppressor to audit. Audit. He needs a better ritual so that he may memorize another useless stimulus-response mechanism.

11. TO AUDIT RESTIMULATION BROUGHT ON BY SUPPRESSIVE DEADNESSES

Audit these reads by conceiving the acts of repeatedly trying to reach theta in the SP, also run the appropriate Grace process on yourself. Example: You keep trying to get a question answered. The suppressor is bounden dedicated to make you Q and A. He cannot duplicate, so he will give you the answer to another question, no matter how persistent you are. He is like those occasional government clerks who never give you the information you ask for.

This is how you get somatics from trying to get through a suppressive deadness. If you persist, you will lose by keying in Ethics Freeze somatics, which will be felt as body jerks, pushes, and pulls. The little jerks are an alternating force, first in one direction, then in the opposite direction. According to the anatomy of a problem, the body jerks would be force, then counter-force, or postulate versus counter-postulate. Indeed, one desirable handling of this SP, is to walk away, briefly, to give yourself some auditing.

12. THETA STABILITY POSTULATES
1. No, I won't reduce my space. I have ethics.
2. No, I won't take up a moral code. I have integrity.
3. No, I won't be coaxed and coerced, I have understanding.
4. No, I won't be belittled by retraining regarding forms. I have an idea, and logic.
5. No, I won't consider that I might be delusive about that observation. I have certainty.
6. No, I won't take up a mest goal, nor the conflicts of an enmest goal. I have a theta goal.
7. No, I won't obey a treacherous rule. I have a principle.

These commands are highly restimulative. Try to hold your theta stability postulates, in a PTS group, and you will soon have lots of material to audit, if they don't crucify you first.

13. TO AUDIT THETA STABILITY – Assess for charge by conceiving the idea of holding your theta stability in the face of all kinds of challenging, or suppressive areas. When a read occurs, keep conceiving holding that theta stability, and run the engrams, which appear.

14. TO MOTIVATE SUPPRESSORS WITH IMAGINARY BANK

You can sort of herd both oppressors, and victims in the direction you want by their non-confront on imaginary bank subjects. This method works on you too, at least uintil you have had a lot of auditing. I do not recommmend the method, because it is self-degrading, but, on the other hand, it may be fun at times, especially if used on another being, who knows the game, and does not take it seriously.

Example, using Div.1, (Problems grade 1), when you find that you are not being duplicated, and are being thwarted, you may describe your situation, which you wish to handle, as a collection of problems, pertinent to what you wish to have done. Example: "This place is such a mess Harry. My feet hurt. I need to get some sleep." "Okay, June, I'll clean up the supper dishes." That was a creative use of imaginary problems. Going on up the divisions, you can mock up witholds, ARC breaks, service facsimiles, fixed ideas, failed purposes, and valences. People will do things for you because they think you are restimulated. You can get to be quite an actor, doing this. You can do this on other flows too. Okay, you are on your own

15. INVITATIONS TO BEGIN SERVING UNDER YOUR LOCAL SUPPRESSOR
1. Give up your communication reach, because you are not duplicated. Accept a social status, slightly inferior to that of the SP, and imaginary barriers to communication.
2. Give up your integrity, because no one is that responsible. Accept moral codes, guilt, motivators, hostility, and punishments.

3. Give up your understanding because no one has your viewpoint. Accept agreement, and coaxing, and coercion.
4. Give up your ideas. No one has such logic. Accept instruction in the status quo.Cognite that current forms are more important than your ideas. Accept a position as a laborer.
5. Give up your beliefs because no one has your certainties. Accept Authority, fixed ideas, and superstition.
6. Give up your theta goals, because they are not real. Accept enmest goals, and take part in conflict.
7. Give up your principles. They are open to interpretation. Accept laws, rituals, rules.
AUDITING: When you succumb to one of these insane invitations, you have gotten yourself a big reading item. Audit it, and the engrammic priorconfusions.

16.HOW A SUPPRESSIVE TAKES YOU OVER.

Every one of these steps comes in sevens, one for each grade on the chart.
1. The suppressor waits for a theta being to come along, like a spider in a web.
2. The theta being communicates one of the seven classes of theta concept but gets a surprise entheta response. Now, that entheta being is either highly restimulated, or suppressive. Now, which is it?

The theta being if he is wise enough to recognize suppression, immediately drops, the comm line at this point, even makes it snap back, hard.
3. The suppressive response will be one of seven classes of mental blankness (suppressive deadness), so the theta communication clearly did not arrive.
4. The theta being makes the mistake of trying harder to communicate the theta, but at that instant, he has made an error. Trying harder is the exact wrong postulate, which restimulates your own bank, and puts you at effect, not cause.. There are seven of these erroneous, self restimulating responses each one matching a suppressive deadness.
5. Closing the trap, now that you are restimulated, the suppressor will harshly bark out a more restimulative disguised request. He will ask you for a substitute concept, but that concept will covertly request, “What is your bank button in restimulation.” The question will stated as an incomplete cycle of action
6. The theta being falls into the trap, when he completes the cycle of action for the SP. The theta being, unthinkingly describes the content of his restimulated bank, to complete the cycle of action for the SP. It will probably be a subconscious compliance on the part of the theta being. (The theta being may win here, by smugly refusing to complete the cycle of action for the SP.)
7. The suppressor carefully notes that bank item, because that is a tool, which that suppressor can henceforth use to restimulate and manipulate the theta being.

8. When the suppressor has gathered enough of these bank button tools, he can manipulate the theta being to do darn near anything, in other words, the suppressor can now command one of seven types of robot.
9. Every suppressor is different, and specializes in gathering, and manipulating different collections of bank buttons. Usually a suppressor specializes in only one of the seven types of bank button.
10. The false reward for any successful suppressor is one of the seven kinds of entheta accumulation. The suppressive is unable to enjoy the fruits of his labour, because it is all tainted plunder. It is all a mixture of enmest, and entheta. If the successful suppressor looks happy, he has a pasted smile on his face. If he has an emotion, it is a fixed emotion.
11. The suppressor does take pleasure in one thing. He gloats at the misfortunes of all the beings around him when he makes a point of suppression makes someone suffer.

17. THE SEVEN SUPPRESSIVE BUTTON MANIPULATIONS, ONE FOR EACH GRACE

You got restimulated, and you told the suppressor what your button was. The suppressor will recall those button words, and use them against you. All the suppressor needs to do, from now on is, keep repeating your button words, when he wants you to back down regarding something.

The suppressor can even do this by telepathically thinking those words, or throwing mocked up images of your incident, at you. The suppressor wants you to react, under the influence of the pain drive. He gloats at that.

Notice the restimulation, and don't punch the suppressor in the nose. Take it into session. Whenever you are restimulated, you are finished, done, and defeated, until you handle that item in session. All other alternatives do no good. They are all Black Panther mechanism, and they control you.

18. SEVEN KINDS OF PEER PRESSURE

Each of the seven Graces can restimulate a type of peer pressure.When you see a group of restimulated individuals dramatizing some action, know that there is a suppressor somewhere restimulating, and manipulating buttons to do that action.

If you are not yet restimulated into joining some herd action, privately conceive yourself doing the dramatizations of the herd. Classify the somatic into the appropriate Grace, and run the process. It might only take one or two sessions, to erase those somatics in yourself. Not only you will be free of that dramo, but the entire herd group will be partially, or entirely destimulated, and freed. If you need to go deeper, telepathically take the viewpoint of a dramatizing herd member, and feel what somatics you would feel if you were one of them. The good thing is that you will not be giving away auditing time. You will almost always be running your

own engrams, but if you do run a few, for others, fine. They will appreciate it at some level. Due to sympathetic magic, you will destimulate the entire herd from that dramo, in a short time. Then look for another senseless dramo.

This list is PTS mockeries of high theta existences.

1. To live, and operate with fellows at your social class, not your spiritual class.
2. To live so that you can be watched over at all times..
3. To be always busy, at the duties of your job, or household, or other area, every waking minute.
4. To always work to perfect drills, and exact standards set somewhere, by somebody. Careful uniformity of behaviour, clothing styles, possessions, even inflections, and mannerisms, and maintainance of conformity.
5. To accept, believe, and proclaim official group truths, and beliefs, with conviction..
6. To join and participate in group competitions, ritual combat, and battles against other individuals and groups.
7. To perfect automated behaviour drills, on a stimulus-response basis.

19. TO AUDIT PEER PRESSURE.

You can audit peer pressure fom outside, the peer group, by telepathically feeling the button, or merely feeling the button, as an imaginary group member, then auditing it with the appropriate Grace process. Surprisingly, this kind of button is usually very light, and usually does not require formal session, merely a quiet pause somewhere, for a minute, or so.

20. A REVERSE GRADE CHART OF THE SEVEN GRACES

G1. The suppressor intentionally thwarts communication by q and a‘ing with it, by offering false problems, instead of answers. The suppressor q and a’s with communication, so that he won’t be confronted, and thereby loses the ability to complete a cycle of action. No one can argue with him because he never exactly deals with the issue being discussed. He q and a’s with an auditing question, therefore, he cannot be audited. He desires not to be audited because he considers his collection of false problem q and a diversion facsimiles to be very valuable for controlling others.

G2. The suppressor compulsively denies causation, by appointing external causes as motivators, so that all actions can be justified, and thereby loses ability to take responsibility. No one can accuse him because he never considers himself to be the cause point of anything. Without responsibility, he cannot be audited. He desires not to be audited, because he considers his collection of fake motivator facsimiles to be a valuable tool for controlling others.

G3. The suppressor compulsively breaks ARC with broad generalities and thereby loses his own viewpoint. He replaces ARC with the stress factors

of the CDEINR Scale. No one can argue with him, because he always discusses CDEINR, instead of ARC. He is so dispersed by his broad generalities that he cannot be audited. He wishes not to be audited, because he loves his collection of CDEINR facsimiles, which he uses to push people around, and to control people.

G4.The suppressor intentionally crushes ideas by placing mest forms senior to function, and he thereby loses the ability to be logical. He witholds whys, so that no one can reason with him. Without knowing the why's the ordinary worker stays too ignorant to rise up in company ranks. The suppressor likes that, because he can now supervise an ignorant fool. No one can argue with the suppressor, because he always conforms. He cannot be audited because he confronts with his mental collection of mest forms, thinking it is senior to theta. The suppressor does not wish to be audited because he does not want to lose his collection of mest forms, which he uses to control others.

G5. The suppressor intentionally attacks certainties of observations made by others, by witholding validation. He misduplicates facts gained by observation, by placing fixed ideas senior to observed facts. No one can argue with him because he refuses to make the claimed observations himself, and he always refers to fixed ideas, and the power of Authorities. He thereby loses the ability to look for himself, and the ability to be certain. He considers himself to be above fixed ideas, and Authorities, but since he always proposes them for others, he has mindful of them. Depending on Authority, for his observations, the suppressor cannot make a perfect duplicate, and therefore cannot be audited. He does not wish to be audited, because he thinks he needs his collection of Authorities, and their superstitions fixed ideas to control others.

G6. The suppressor intentionally opposes theta goals for others by witholding cooperation. He proposes only selfish conflicts, and thereby loses the ability to discuss help intelligently. He considers himself to be above competition, conflict, and GPMs, but since he always proposes them for others, he has a mindful of them. Having no theta goals, he does not care for for case gain, and therefore cannot be audited. He considers his GPMs to be valuable tools for the control of others, therefore does not wish to be rid of them.

G7. The suppressor intentionally distrusts judgement and seeks to make others operate by automatic ritual, instead of theta principles, as an automaton, or cyborg. The suppressor considers himself above the rules, and rituals. He intends them for others, but in so doing, fills his own mind full of them. No one can argue with him because he always refers to rules, and rituals. An automaton suppressor is out of valence, so that he cannot be audited. He considers his valences to be valuable because he uses them to control others.

21. CONVERSION OF THETA INTO MEST FOR BENEFIT OF THE SUPPRESSOR

Sp's build Bonnes (benefits ofdead theta) by restimulating group Theta to convert it into MEST.

1. Suppressors build status, by thwarting communication, thus degrading the status of others.
2. Suppressors build police forces by accusation, and gossip, causing destruction of reputation.
3. Suppressors build unearned wealth by coercion, to enforce unfair exchange causing poverty for others.
4. Suppressors build slave work forces by demanding conformity.
5. Suppressors build Authority by causing chaos, and demanding fixed position, then inflicting fixed ideas, and superstitious lies.
6. Suppressors build fame by announcing conflicts of interest, and conflicts of selfish goals, then third partying both sides into competitions, and battles. Suppressive political campaigning, is to get some friends to covertly set up conflicts between groups, then, take a stance of pretending to work to resolve those conflicts.
7. Suppressors build mind control ritual by inflicting, and restimulating engrams, molding men into executives, and automating workers and soldiers, thus making brainwashed robots.

22. THE SUPPRESSOR GETS THE THETA BEING TO DEFEND HIM IN HIS CRIMES, AND TO RESCUE HIM, WHEN HE IS ABOUT TO BE CAUGHT

Suppressors do a beautiful scam, when their failures, blunders, and administrative crimes start to be investigated, and exposed. The suppressive calls his most theta junior into the big office, and proceeds to falsely attack that theta junior for having committed the same crimes, for which the suppressor is being attacked. The junior knows that he did no wrong, so he defends himself, for a long time with theta descriptions of his well-done job. Perfect. The suppressor memorizes those phrases. Then when the investigators approach, the suppressive spiels off all those theta job description phrases created by his junior.

The suppressive now has all the goods, which he needs to frame the innocent junior, and make him into the patsy.

When verbal attacks, and interrogations occur, and when investigations are underway, upstairs, and you do not have certainty about exactly what is underway, just clam up hard hard. You can talk in court, or com-ev, and only then.

The suppressive misduplicates the accusations, talking, now, just like his theta junior, describing his well-done job. No matter how much the ethics body tries to get the suppressive onto the precise subject of the commission of crimes, the suppressive will only speak the closely related statements of his browbeaten theta junior.

It looks to an investigator that the crimes were somehow a collection of oversights by staff members, in poor communication with each other. Wrong.

Apply the que bonum rule, to spot that suppressor. Do not look for the cause points. Those guys are PTS.

22. HOW A THETA BEING CRACKS, UNDER SUPPRESSIVE MANAGEMENT

DIV 1. The PTS being finally takes an unscheduled break, or does not show up for work, on time and gets nailed for malingering, by some boss, who is usually away from his desk.
DIV 2. The PTS being, always watched, always under surveillance, finally breaks some little rule, and is caught by a boss who is allowed to break any damn rule he wishes.
DIV 3. The PTS being finally talks back rudely to his screaming boss, who thinks he has the right to scream at staff members any damn time he pleases.
DIV 4. The PTS being finally runs things his way he sees fit.
DIV 5. The PTS being finally denounces some fixed idea group lie.
DIV 6. The PTS being, one day refuses to play the LRH Birthday Game, and gets declared suppressive.
DIV 7. The PTS being finally stands up for his rights, based on theta principles. Then the theta being gets attacked, for non-compliance with the rules, by some boss, who never has any principles anyway.

24. TO AUDIT THE STRESSES OF BEING UNDER SUPPRESSIVE MANAGEMENT

To audit those forces, which might eventually make you crack on the job, just write down a list of stressful situations, take them as reading items for your personal charge list, and audit them with the appropriate Seven Graces processes.

25. SEVEN AMBIGUOUSLY SUPPRESSIVE DEMANDS FOR COMPLIANCE

1. Always comply when an order comes from your so-called superior.
2. Always get your product, regardless of lies, or harm you commit.
3. Always comply despite no ARC, even despite contempt, and abuse.
4. Always obey orders without knowing why, and without asking why.
5. Always do the prescribed practises regardless of whether they work or not.
6. Always stand up for your side, right or wrong – jingoism.
7. Always comply automatically as trained, even against your principles.

You may not be able to tell at first whether the individual making the oppressive demands is PTS or suppressive. No matter. you must handle this, anyway. Any senior who displays any of these seven attitudes is demanding that you give up a lot of theta. Be ready to quit your job if this does not resolve immediately. It means that someone, or something is trying to kill you, and such orders belong only in the heat of a shooting battle, or some other truly serious crisis, and I mean that. You need to know at the earliest possible instant, what the threat was, and when there is no threat, your target is always the one being who issued such orders. If

it is merely some stat-crazy senior, blast him with both theta barrels, in a manner of speaking. There is your raging restimulative suppressive. Audit the restimulation, and blow the gloater.

26. THE SEVEN SLAVERIES OF THE REVERSE ORG BOARD

SLAVERY IS NOTHING BUT REVERSE PROCESSES, WHICH EVENTUALLY DRIVE OFF, OR KILL OFF STAFF MEMBERS.
Div 1: By cutting a staff member's communication, and theta reach you are kicking in his anchor points, and he has less space. The Suppressive supervisor, small, and stupid, as he is, yet has far more space, than his juniors, for just that reason The suppressive way to cut someone's communication is, of course, to misduplicate, until ethics engram bank caves in. The junior gets real quiet, and develops a permanent fixed gaze. I have seen a lot of those fixed gazes on Scio staff members. As you keep doing that, eventually the staff member will lie, or fail to show up for work, because if you get caught in a lie, at least then, you get noticed, and you might get some two way communication, if only when they hold your comm ev. I remember sitting in the waiting room of the Master at Arms, office, off and on, for weeks, sending him letters, trying to get to see him, then finally realized that if I broke a rule, and got reported, then he might talk to me. Surprisingly, looking forward to some live communication, even in a Scio kangaroo court is preferable to no communication at all. That is how staff members burn out regarding Grace 1. They lie so that they can get caught. Then they get happily fired. You might be able to check the records. If this has happened once, it has happened a thousand times.
Div 2. By constant suspicion, investigations, and sec checking, you invalidate a person's integrity to the point where he will really do overts for you,, or to you.
Div 3. Coaxing staff members to work harder is controlling by nothing but ARC breaks. Eventually every single staff member will blow up, and quit the job.

Work out the rest of these for yourself.

27. THE PERFECT BALANCE RULE

Perfect balance is an attitude, and a stance such that you cannot be shoved, and toppled. With perfect balance, you can always shuffle sideways, or turn away from some unsettling force. Always maintain such a stance that betrayals by Org Management cannot harm you, because, per available records Org management has always done treachery since genesis.

Always behave as if you may be fired at any moment, and as if you may walk out at any moment. You would not trust a scorpion, now, would you?

When a group goes into reverse ethics, drop that group into the next lower ethics condition, and if that does not work, drop them into a

still ower condition. You will assign the correct ethics condition sooner, or later.

28. REASONS WHY A SENIOR SHOULD BE DEPOSED BY JUNIORS

1. ALWAYS RETAIN YOUR RIGHT TO LEAVE A GROUP. If a senior says that you will be declared suppressive for directly routing out of the group, tell him to read your Sea Org contract, or whatever. Demand the resignation of that senior, and leave the group anyway.

2. ALWAYS TAKE A HOSTILE THREAT AS AN INVITATION TO DO REAL BATTLE. If a senior menaces you, ask him if he wants to go for it, and mean it. If he says yes, its pistols at sunrise, or whatever you wish. It is your choice of weapons because he initiated it. A hostile threat is simply not acceptable in a junior-senior relationship, and make sure that the relationship ends right there.

3. ALWAYS REFUSE TO ALLOW THE BOSS TO PUSH YOU AROUND AT WORK BY CLAIMING A CRISIS. The senior can do that once, but must present a completed danger formula to the junior soon afterward. If you get a whiff of a faked crisis, then that is the end of your working relationship.

4. ALWAYS RETAIN YOUR RIGHT TO DISH OUT WHAT YOU GET. It is a crime for a senior to pull rank. If a senior says he can yell at you, and you had better not yell back at him, perhaps you might scream his face off, and throw him out. Refuse to work for him, or cooperate with him, ever.

5. ALWAYS RETAIN SOVEREIGNTY OVER YOUR RIGHT TO BREAK RULES, WHEN YOU SEE THAT THEY ARE WRONG.

General Von Moltke hinted at the ideal scene when he ordered an officer to be harshly disciplined. The Officer, who had caused a disaster, said he was only following orders. Von Moltke replied, “I made you a Major because I believed you knew when to disobey orders.” That famous interchange greatly improved the morale of German soldiers for two whole wars because it implied that the individual was worth something, and no stupid fool could order a man to a useless death, unlike the Sea Org.

Always demand the resignation of any senior who demands that you do things, which do not work, and does not care if they work or not.

6. ALWAYS DIG DOWN TO THE SOURCE OF ANY ATTACK, VERBAL,OR OTHERWISE. NEVER TOLERATE THIRD PARTYING BY A SENIOR. If a senior tells a half-truth, or a lie which gets you into trouble with some disciplinary body, that is the end of the working relationship. Either the senior goes, or you go, and make that very clear.

7. ALWAYS KEEP YOUR PRINCIPLES ABOVE ANY JOB YOU DO. If a senior orders you to violate your principles, he is ruined, and tell him so.

29. THETA JOKES, AND SUPPRESSIVE JOKES

A theta being weakly fights back against suppressive deadness by making theta jokes, which are often very funny. A gloater can make jokes, which are very oppressive, and boy oh boy, can you spot a victim then.

In mad dictatorships, theta jokes, and PTS jokes are made illegal. Degrading jokes are considered acceptable to suppressive management, if they degrade PTS lower classes.

LRH did not analyze the interplay of suppression, and jokes. He told a great many jokes, himself, yet, he correctly found that jokers and degraders, in the Cos were suppressive.

Whether a joke is degrading or not, depends on palpable polarities, lifestyles, and randomity levels and some things I do not understand.. When a team of workmen has been dragging, and erecting heavy objects all day long, they can say the most outrageous things to each other, and find them both welcome, and funny. I do not know all the theta rules of how this all works, but sometimes the rudest jokes are very entertaining for all concerned.

If a joke feels oppressive, go ahead, and handle it. The fastest way to destroy a joke, and joke teller is to ask, "What's funny about it?"

30. THE SUPPRESSIVE? JOKE? ORG BOARD – A LIST OF DEGRADING? JOKES – These may be taken as an invitation for a playful tussle, or some other brief game. Then they may not be regarded as suppressive, but if you are forbidden to fight back, yes, then they are suppressive.

DIV 1.The suppressor pretends it is a joke when he threatens, or menaces someone, or thwarts someone's attempts to communicate.

DIV 2. The suppressor pretends he is joking by invalidating someone.

DIV 3. The suppressor pretends he is joking when he hurts someone's feelings, with ARC breaks.

Look at how sad Billy is today, after we spiked his coffee. Hee hee hee.

DIV 4. The suppressor pretends practical jokes are funny, like hiding a tool, so that someone can't work.

DIV 5. The suppressor pretends lies, and misdirections are funny.

DIV 6. The suppressor pretends it is a funny game to gang up on some weak person, and cause harm.

DIV 7 The suppressor pretends it is funny to force a degrading valence on someone.

31. SUPRESSIVE JOKE – AUDITING

All I can say for now, is that if a joke bothers you, audit it. If a joke is too darn funny, you might audit that too. If you find yourself making up some kind of dry humour joke, there is almost certainly heavy

charge behind it, so check it with repeater technique, and audit as necessary.

32. HOW THE SUPPRESSOR'S BONNES ARE BUILT

Here is the sick, and sorry story of what it is really like to succeed in a suppressed society.

Sp's build Bonnes (ostentatious accumulations) by restimulating group Theta to convert it into MEST.

DIV 1. ARISTOCRACY - A monopoly on communication translates into social status. The suppressor gains total control of communication in the theta universe, and that translates to social status in the Mest universe. Suppresors build aristocratic status by knocking everyone else into Q and A, and non-confront.

Soon the idiot suppressor wears fancier clothing, and swaggers, when he walks. Being the only one in the area, who is allowed to communicate, of course, he has all the status. I would absolutely not enjoy the privilege of eating in the officers' mess, trying to chat with fellow experts on Q and A. They would use their techniques on each other. No one would be able to communicate. What a bunch of goombahs.

DIV 2. POLICE FORCES, demand a monopoly of hostile force, and on the right to keep secret, the information, which might lead to exposure, and capture of criminals. Suppressors build police forces by accusation, and gossip, causing destruction of reputation.

The license plate numbers of stolen cars are always a police secret. Secret police, spy networks, surveillance networks, hostile forces inspection before the fact, and blackmail, is their stock in trade.

DIV 3. WEALTH. International bankers want to own everything. Suppressors build unearned wealth by coercion, to enforce unfair exchange causing poverty for others.

They demand laws, which make it both necessary to go into debt, and then make it very financially dangerous to be in debt. Their loaning laws make it very unsafe for an entrepreneur to do business.

DIV 4. ENFORCED CONFORMITY. Suppressors want monopoly on supervision of work forces. Slaves, labourers, workers, servants, and armies, are kept enslaved by constantly referring to status quo forms, to ignore, and crush new, helpful ideas. A theta being governs with his ideas. A suppressive being governs by fixating forms.Technology is ideas, not forms. Suppressives oppose improvements in technology, and enforce ignorance, by opposing theta ideas with mest forms, and that alone is sufficient to destroy, or retard technology in a society.

DIV 5. AUTHORITY wants monopoly regarding what is declared true, or believed true The bonne is collections of praises by authority, and

collections of superstitions. (fixed ideas). Vast libraries of Psychological, and Psychiatric superstitions exist. There are many superstitious subjects in our civilization.
DIV 6. DEMAGOGUES want monopoly of fame, leadership, and influence The bonne is Monuments, and awards, for conquests of defenseless people, businesses, groups, nations, etc.

Suppressors build fame by announcing conflicts of interest, and conflicts of selfish goals, then third partying both sides into competitions, and battles. Suppressive political campaigning, is to get some friends to covertly set up conflicts between groups, then, take a stance of pretending to work to resolve those conflicts.

DIV 7. LAW MAKERS want unprincipled, compliance with rituals of behaviour, so that they can run on automatic. Robotic rituals, assigned valences, and collections of civil laws, hermetic ritual magic, and implant stations. Monopoly on the right to make the laws, and to interpret the laws.

Suppressors build mind control ritual by inflicting, and restimulating engrams, molding men into executives, and automating workers and soldiers, thus making brainwashed robots.

Theta beings are generally allowed to live their lives so long as they do nothing to harm the SP's Bonnes. The Bonnes are always directed to restimulate, and undo the actions of the free theta Positive Org Board. The moment a being acts restimulated, or resorts to any force, even force as mild as speaking a little bit louder, the SP, and his servants attack to protect the Bonnes. To quote loosely from the Bible, "Give unto Caesar what is Caesar's." Never threaten the Bonnes. Theta beings are trapped by their dependence on the Bonnes for physical sustenance. Dependent theta beings are obliged to protect their jobs and their group. If you threaten the Bonnes, you oppose good men as well as evil ones, so do not do it.

The theta-mest game of this level is to calculate Que Bonum, "For whose good?" It is a very easy process to ask, who benefits by all this harm, and all this gathering. When you know who benefits, there you have your suppressive person identified, so you can try to handle him.

In theory, the cure is done, by widely pointing out, who is the beneficiary of evil, and there the bastard stands, but that does no good at all. When the whole group is restimulated, they are completely unable to act, and will even protect the SP, whom they know is destroying them.

LRH tried sending missionaires out, yeh, sure, guys like The Lone Ranger, to remove the established suppressives but their identification tech was very sloppy, and furthmore, being PTS themselves, they missed their quarry more often than not.

In Vietnam, they had a ritual called fragging. American officers knew that if they lost all their men, they would be promoted, so, it was quite common for them to order their men to charge machine gun nests. After such a futile charge, it was quite common for the surviving members of the company, to drop several fragmentation grenades into the tent of

the sleeping officer who had ordered the charge. One hundred fifty dead theta beings, and one punished suppressive – not a very good score at all.

Captain Bill Robertson lied. It is nowhere near enough to merely denounce the beneficiaries of the reverse org boards. The suppressives are protected, by fellow conspirators. In the USA today, you can scream conspiracy all night, and all day, with no results except that you will probably be quietly assassinated, and it will look like suicide.
Leave it alone buddy.

Train the group with the improved suppressor detection and handling methods. Do activities to raise group morale. Audit the suppression as individuals, and in teams. Save your self, with auditing, and then, when there is enough theta around, you can do something.

33. SEVEN KINDS OF OVERT SUPPRESSION
OVERT SUPPRESSION – DEFINITION - When a suppressor has built up his bonnes, he can come out in the open, and in varying degrees, attack others. The suppressor motivates PTS group members to senselessly attack others, in mob type activities with brutal force. In nations, where this happens, there are generally quiet pockets where one can carry on.

When the suppressor has minimal power, you can merely ignore these expressions. When the suppressor has a lot of social power, you must pay lip service to these evils, and must cultivate the rituals of serving them as if they were of great value. You must always look to separate yourself from areas where unremediable evils are practised.

When there is overt suppression, in an entire nation, the only possible resistance, per LRH, is secret bases outside of that nation. The self-auditor does not leave home, and he does not resist. He audits himself.

A self-auditor never bothers to join any resistance group, ever. He is too much of an individualist. Self-auditors depend on the excellence of their tech, to achieve a state, which would carry on through to the next lifetime, and to the next civilization. This civilization will soon be dead, so you had best be ready to move on.
DIV 1. Haughtiness (Social class structure)
DIV 2. Hostility (Policing and threats)
DIV 3. Coaxing and coercion (supervisor bossmen)
DIV 4. Opposition to workable ideas with status quo forms. You can never get an idea through to these guys, for example, KSW. They have a hatred of ideas, because they command the ignorant. They Compute, and assign wrongness for worthiness. credit.ignorance, and out tech Disdain (Contempt for communication)
DIV 5. Demands for people to force themselves to believe. Fixated beliefs, over personal experience, and observation) and prejudice, and hatred of unbelievers.
DIV 6. Demands that people take sides and join in Conflict (Competition)
DIV 7. Demands that people take part in robotized, ritualized worship, and mass regimentation of behaviour, marching, saluting, praying together, etc.

34 A MAD DICTATORSHIP ORG BOARD

DIV 1. ARISTOCRACY, AND PEASANTS.
DIV 2. POLICE STATE, AND INMATES
DIV 3 PLUTARCHY AND STARVING MASSES
DIV 4. MILITARY-INDUSTRIAL COMPLEX AND DA WOIKERS
DIV 5. COLLEGE DEGREES, AWARDS, STUFFED SHIRTS – AUTHORIES, AND THE IGNORANT, SUPERSITIOUS MASSES.
DIV 6. DEMAGOGUES, AND WARRIORS.
DIV 7. PSYCHIATRISTS, AND MINDLESS ROBOTS.

35. AREAS OF SAFE ENTHETA LYING

Since theta beings cannot confront restimulated areas, there are seven styles of safe lying, done by Suppressors, one for each level of the Grade Chart. The suppressor can lie freely about information supposedly from restimulative areas. An ARC broken being will not communicate into an area of an ARC break. Therefore the suppressor can safely manufacture lies about the ARC break area. These are also the areas of out rudiments.

Div 1. In Areas of cut communication, a suppressive can falsify claims of social barriers
Div 2. In areas of hostility, the suppressive can safely pass false rumours of overts.
Div 3. In areas of ARC breaks, the suppressive can safely pass false generalities.
Div 4. In areas of enforced conformity, and enforced ignorance, the suppressive supervisor can make up new forms at will, claiming they are standards to conform to.
Div 5. Areas of fixated position, the suppressive can pretend to quote distant high Authority.
Div 6. Areas of conflict, or battle. You do not want to trust the words of an enemy, so, the SP, can fill you in, with propaganda.
Div 7. Implants can be laid in during periods of unconsciousness.

36.SUPPRESSIVE ACTS, FOR WHICH SENIORS CAN BE PUNISHED, OR DEPOSED BY JUNIORS, AN ORG BOARD

Div 1A senior dodging 2 way communication, and labelling it dev-t, when it is vitally needed by a junior.
A senior setting up a runaround to keep juniors or public from being helped, or served.
A senior holding a supervisory post from above, instead of promoting a junior to fill the higher post.
A senior granting ethics protection so that a junior can commit crimes to raise stats.

A senior not allowing two-way communication, and interchange at staff meetings.
Div 2 A senior constantly watching juniors instead of doing his own job.
A senior making unjustified derogatory comments to a junior.
A senior behaving in a threatening manner for the purpose of maintaining an intimidated condition A senior spying on juniors.
Div 3 A senior constantly pushing, urging, and demanding juniors to work harder, instead of doing his own job..
A senior punishing a junior for not working harder, instead of handling, or firing.
A senior pushing a junior into constant production so that lack of organizing collapses the post.
A senior punishing a junior for disobeying an order, which he honestly thinks is wrong.
Div 4 A senior lying about policy, saying he is following policy, when he is not.
A senior keeping a junior in ignorance as to why he must carry out an order.
A senior using his rank to demand that good policy be violated.
A senior refusing to help a junior to look up any policy, necessary to understand his job.
A senior keeping a junior in ignorance of why he is to carry out an order.
Pulling rank - a senior giving rude orders, then, claiming status protection, so that juniors cannot talk back.
Div 5 A senior demanding that contradictory opinions not be discussed, Nor investigated.
6. A senior setting up competitions among juniors to see who can be most productive.
7. A senior brainwashing juniors by regimentation and enforced conformity.
A senior setting up any regular non-productive rituals.

37. CREATIVE METERED INTERVIEWS TO DETECT SUPPRESSIVES

The suppressor memorizes acceptable answers, and acceptable behaviours so that he can fake helpful behaviour. That is mere social machinery. A clever auditor can break through social machinery with ease. All he needs to do is dream up unique social situations, one for each of the seven kinds of theta, as per the Seven Org Board Divisions.

The Seven Suppressive Deadnesses can be detected, by metered questions about those seven ways to help, and would then ask the individual to discuss help, and pro-survival solutions for those situations, one at a time. The SP's answers will express truly crazy counter-survival computations, and logical twists, which would horrify a theta being. Bang! You have caught yourself an SP.

The correct answers for such an interview could not be memorized, because the techie would mock up entirely new test questions

for each interview. This is theta being territory. No suppressor can enter herein. In the words of a popular song: “It can’t be sold. It can’t be bought. It can’t be learned. It can’t be taught.” THIS IS A VITAL ETHICS FORMULA, WHICH EVERY SCIO MUST MASTER, AND APPLY IN LIFE.

There was a Sci Fi movie called “Blade Runner”. Harrison Ford focuses an optical device on a woman’s eye, and interviews her to determine whether she is human, or an artificially created replicant. He talks about a wounded, rabbit found on a roadside. What should one do? The replicant is unable to answer the question. Similarly, our techies will be able to interview, and detect Suppressors, in such dramatic futuristic ways.

Any auditor should be able to casually run these anti-suppressor tests on his friends, and associates during friendly conversation.

1. THE REVERSE ORG BOARD (ROB) – IS SIMPLY A GOOD GROUP, GONE BAD, BECAUSE ITS MEMBERS ARE SUPPRESSED

As restimulation increases, instead of serving a good cause, more and more of the group’s activities cause harm. Since the group is in pain from shared restimulation, it will actually attack anyone who resists group bank. The group now produces undeserved benefits for one or more Suppressors, to the detriment of others.

The kind of restimulator we are most concerned about is a suppressive applying his restimulative deadness to enough group members to make suppressive group dramatization (reverse org board), into the agreed upon behaviour of the group.

Usually, when a group acts crazy, and does not respond to common sense, it is being manipulated by a suppressive, who builds up group bank. The group will rise up, and defend its Suppressors, against the offended theta individual. Often, the group will attack a theta individual for not dramatizing group bank along with the rest.

The classes of group insanity match both the seven divisions of the org board, and the seven Graces. When you have a type of group insanity classified, you know what kind of restimulation is present. Tracing that kind of restimulation, through the group to its main source, will reveal the big SP, who is enturbulating that part of the group.

Suppressors are the chief architects and operators of the reverse org board. Decent theta beings are the robot workers, held in line by their somatics. Actual pain barriers keep PTS group members operating on each Reverse Org Board rule. The suppressor systematically uses his Suppressive Deadnesses to restimulate sufficient pain in others, to force them to obey. The suppressor does not commit crimes. He restimulates others to commit the crimes for him. The suppressor does not

. If every time you go to work, you feel out of touch with supervision, contempt, threats, covert manipulation, harsh orders, lack of certainty about the rules, pushed around, insecure at work, then your supervision or management is applying reverse org board. The vast majority of man's social activities are designed so that a suppressor can move in, restimulate people, and manipulate them. The ROB is an instrument, which feeds victims to gloaters, and it makes everyone into a victim.

Quadrillions of years ago, reversing the Org Board, was a lot of fun. Old games would thus decay to make way for new games. Suppressors were beings, who shrank their beingness so that they could always have that destructive form of fun. Without beingness, they could not have any creative fun, so Suppressors got addicted to the destructive fun. Ref. The Table of Relationships.

The PTS individual helps build his prison by getting quietly restimulated, and coerced into serving on a gradually reversing Org Board. He joins the group, and conducts his behaviour along acceptable lines, which has, up til now been the only possible way. This is fatal, because acceptable behaviour, more and more serves the SP. Here you are, paving The Road to Heaven with good intentions, but all roads go in two directions. Suppressors cannot be defeated with Scio admin, nor sec checking, nor can the reverse org board be successfully defeated by missionaires, nor by demands for KSW.

Without 3D auditing tech, it was a self-imposed death sentence to "Try to change the system from within." Nobody changes the system from within. Hazing of Medical interns, new frat members, and military recruits is to see if they will take abuse. It is during hazing that one establishes one's place in the pecking order. After one is posted to a job, one is victimized constantly by the system until one figures out its twisted games. The length of time it takes to figure out the big con game is usually about the length of employment for many social beings. Some people hang on for a while longer, trying to correct the system. Then, they discover that they are not allowed to speak out. If it looks like you may have the slightest chance of success, you are intentionally harassed until you step slightly out of line, then you are disciplined on false charges, and subsequently fired. The technology of dumping reformers is very old, and very effective. The suppressives who manipulate this game are, of course, saturated with countless major overts, but are safe from ethics or discipline. You did not know that when you signed on as staff at the Cos, now, did you?

The life dream of a gloater suppressor is to hold a high supervisory position in a reverse org board. That way the gloater has a plentiful supply of victims, kept in defenseless positions by unjust rules of the group. If a group starts out with some just rules, those rules are, very early, thrown out in anger, by the gloaters, and don't you mess with the bosses. The reverse org board feeds on the souls of the workers. It hurts the feelings of

the workers every day. When there is no more theta left to destroy, the organization collapses, and is dead.

Theta beings, who left the Scio Church, typically failed, because they were handling the wrong thing. If you dig deeply into why theta beings in the Scio Church are being fired, and declared suppressive, it would be for mainly the following reasons.

1. Not helping to reverse the Org Board.
2. Not dramatizing group bank.
3. Not succumbing to suppressive control postulates.

Without 3D auditing skills, such beings get fired.

The ROB operates spontaneously in the minds of Suppressors. Degrados compulsively substitute rob activities into the Scio Org Board. The ROB need not be taught. It is in the 3D and 4D banks, so it can be activated by restimulation. Later, it is violently imposed, automating, or coercing all group members. When the ROB achieves total control, the group acts in a totally insane manner, and swiftly dies. ROB management, now a mad dictatorship, does not care, in fact it secretly enjoys the death of the group, and early demise of its members, even celebrates it. Group members, in return, hope to celebrate the death of ROB management people, and have been known to.

The Positive Org Board, on the other hand, makes staff members feel like a team of superheroes, especially after they find themselves overcoming serious obstacles, one after another, with ease.

2.GROUP BANK DRAMATIZATION

The Reverse Org Board is a structure, which makes insane dramatizations socially accepted and enforced within the borders of the group, and especially within the borders of a post. Daily suppressive restimulation keys in group bank. Restimulated group members compute that anti-social acts are good for the survival of the group, and that being a victim, and victimizing others are pro-survival acts. The gloater's ideal scene is to keep all group members restimulated, dramatizing, and victimized. When restimulation is the primary control factor, then the most restimulative beings have the most power. The gloater, being the most restimulative member of the group, rises to the highest management positions. Conversely, when a Positive Org Board is correctly functioning, the most theta beings rise to management positions.

3. THE DEGRADO – A degrado loyally desires to be an underling or an overling in a reverse org board. The degrado has been so often overwhelmed, by suppressive management, that he is compulsively dedicated to the Reverse Org Board.

There should be a catalogue of all common degrado computations and their source implants to serve as a 4th Dynamic auditing list, and to warn against unwittingly adopting them in any group. The Wall of Fire 35 Day Implant was intense reverse org board training. Top degrados are all suppressives.

Enemy agents and other Suppressors have long ruled the Cos, and they have reversed the Org Board. If he knows his job, as a 3D auditor, the Theta Being can uplift the group, and win. Degrado beings need special theta control factors lest they go astray. How to raise degrados to big beings has been worked out. The processes, which resolve degradation appear in this book. All beings have been somewhat degraded, and need those processes.

4. HOW THE REVERSE ORG BOARD GETS BUILT

Gods and degrados, alike, give in to the restimulative powers of the Suppressors, and help to build the revere org board, until now, that is.

Theta beings feed Suppressors, by unwillingly supporting them, in all social situations.

LRH said that we play effort against emotion to make electrical energy. Suppressors play deadness against theta to produce social powers, which they can selfishly, and unjustly manipulate. Suppressive deadness, played against theta, neutralizes theta. If the thetan falls into the trap of trying to reach with more theta, suppressive deadness restimulates engrams. The restimulated engrams enforce dramatizations in service of the SP. The majority of beings do not even know that they are being suppressed. They only know that they are unhappy. The theta being can never win, by flowing more theta, at the corruptions generated, by the SP. Never strain to flow more theta. There are other options.
Without the Seven Graces tech, a theta being is faced with a number of unpalatable choices. Here is the black panther mechanism again, but expanded a little.

The theta being can ignore the SP's suppressive corruptions. That results in gradual immobilization, and an increasing hypnotic trance. The theta being can attack the suppressor for his corruptions, which will rally vast social forces in the SP's defence. It is unjust but, when a man goes insane, and seeks to destroy everything, he misses the SP, who made him that way, plus, he loses his freedom, and his life. The theta being can succumb to the SP, which will result in serving the SP, and in building the reverse org board, which is slavery. The theta being can flee from the SP, by disconnection, and permanently dropped communication lines, which will eventually result in hermitage in uninhabitable places. The theta being can avoid the SP's corruptions, which will gradually build horrible aberrations into one's lifestyle. There must be better choices. There are.

A 3D self-auditor has additional tools to deal with suppression. He has high theta, which draws out the SP. The suppressor needs to take food, by periodically harming a theta being. The 3rd Dynamic self-auditor is a high theta presence, and that will always bring up encounters with Suppressors. Nothing draws those hungry Suppressors like a high theta presence, expressing itself.

Seth is an early name of Satan. The name, Satan, means Seth One, which means incarnation of Seth. The Theta Being prepares his mind by learning some laws of survival in this universe, so that he may express theta intention successfully. Reversely, the suppressor prepared his mind

by sethonic, cthonic, or otherwise spelled, satanic rituals, at some time in the past. Now, Seth, for all his evil intentions, is a very pleasant person, to talk to. A destroyed thetan has an attitude of great mildness, because he has no theta force, and a lot of inverted wisdom. Once a suppressor is fed with other people's theta, then, he wields power, even though it may not be his own.

Suppressive beings were called, in ancient times, Seth's incorruptibles. They really are incorruptible, because at tone –40.0, a being is very stable. He cannot be driven any lower, on the tone scale. He will never cease to serve his satanic masters, because he does so compulsively. The SP's deadnesses are an anti-theta (inverted presence). Tone minus - 40.0 mimics tone + 40.0 very well. The SP's seven deadnesses, are false theta. They neutralize theta intention of high theta beings.

1. The suppressor looks out for beings expressing high theta intention, or high theta communication.
2.The suppressor responds to high theta expression with his deadnesses. Theta expression is an outflow. Suppressive deadness is an inflow.
3. The deadness neutralizes the value of the theta expression, and also invites the investment of more theta.
4. When the theta being keeps feeding theta expression ineffectively to an SP, he is allowing the suppressor to steal his theta.
5. Ineffectiveness of one's theta communication is a very effective restimulation caused by Suppressors.
6. When a theta being is restimulated, he switches to more forceful, and lower toned communication modes.
7. When the theta being switches to forceful expression, he becomes, to that degree, the SP's mest, and to that degree, uses his energy to serve the SP.eadnesses neutralize the operation of theta.a beings.
and kill by reverse auditing..
8. The suppressor gains demonic powers through gloating at the suffering of others.
9. The suppressor installs a reverse org board by the use of his demonic powers.
10. The suppressor uses the control factors of the reverse org board to command others to harm and kill others.
11. The suppressor gloats over the suffering of others.
12. The suppressor collects his Bonnes from the dead theta he has caused.
13. The suppressor turns the collected power of his Bonnes against Theta Beings.
14. The suppressor repeats steps 2, through 8, until he becomes powerful enough to eventually destroy all life, and does so. Thus a civilization ends.

5. REVERSE ETHICS AS A SUPPRESSIVE MANAGEMENT TOOL

Suppressive management gains profit and power by demanding that juniors reverse steps of the ethics formulas. If one makes juniors pull in their ethics reach, and then commit crimes, then the juniors take most of the liability, and the senior takes the profits. One would expect a

suppressive senior to have the exact opposite situation to that, which he was demanding for others. If he was demanding that others make confusion, one would expect his space to be very orderly. That way, he could be the power center.

New Scio staff notice the immediate drop in their levels of communication. A person out of communication can be easily manipulated and pushed around. Suppressive management is therefore in a higher ethics condition by default. The way to get a person to go out of communication is to get him to reverse steps of ethics formulas. Only Ethics Problem Engram Auditing can defeat this group insanity, and in order to be allowed to do that auditing, one must be three feet back of the Org's head, so to speak, hence, the D4 Brahmins are above an org, and immune to Org politics.

6. KSW AND ANTI-KSW

No OT could get an org to apply KSW, nor Scio admin, but suppressive management could always force staff members to apply squirrel admin. Howcum? The force of Third Dynamic restimulation was stronger than the force of First Dynamic auditing, and theta intention, is part of the real howcum.

A suppresor believes, with all his burned out little heart that the Scio Org Board and Standard Scio admin is a death threat aimed directly at him. It is, in fact, a social death threat, not a physical threat. The suppressor works like a dog to get admin bent around so that it suppresses both staff and public. When confronted with scio admin policy, he immediately calls on his suppression tech. He says very effectively that admin cannot be done the Scio way. Half of his work consists of getting the theta beings to also work, reversing Scio admin procedures, and getting staff applying restimulative reverse processes to themselves. Thus, loyal staff members lessen their own power so that the suppressor can stay on top. The entire PTS staff get set up so that they go around hurting themselves, and each other by very specific techniques.

The suppresor has been practicing for perhaps trillions of years. He has his bank, your 3D bank, group bank, group agreement, and many social enforcement mechanisms on his side. As you know, by now, there is enough 3rd Dynamic charge, in your bank alone, to destroy your body many countless times over. All the suppressor needs to do is trigger bank, then impose group pressures, and you are the goner, and the suppressor looks so civilized. If you were a 3rd Dynamic Clear, it might be a different story. The older an organization gets, the bigger, and more solidified is its distinctive social restimulation package.

You can't fight back physically, nor verbally, but you surely can win every time, as an auditor.

Denouncing theta presence (beingness) is the SP's companion act to piling up Bonnes. .

6. THE REVERSE ORG BOARD COMPARED TO THE THETA ORG BOARD

The reverse org board is all reverse processes.

1. Good manners being used to avoid communication, and to cut communication instead of to enhance communication. Q+A instead of discussing the specific subject.
2. Suspicion used to introvert
3. Pushing or coaxing to work harder versus developing understanding of policy, and life
4. Arbitrary commands instead of application of policy, KSW, and common sense.
5. Authoritative demands, and pressure to believe, versus allowing and assisting good logic
6. Competition versus cooperation and teamwork.
7. Robotic monkey rituals versus principles

7. SELF-AUDITED GROUP BANK PROCESSES

Aberrated seniors and high execs are a protected species. They think they may dramatize against juniors with no bad consequences for themselves. If some group member effectively dramatizes against you, that abuser takes your theta power. This is not so if you know what to do. That dramatizing group member can actually be made to give power over to you, in exchange, of course, for some case key outs. When you are armed with the following list of processes, plus a high enough case state, you can resolve any group insanity which is dramatized, as well as empower yourself in an honourable and just way. The following processes will look familiar because they are Grace processes.

The following process list is a companion to the Blow the Gloater process. It solves group bank, something that Scio staff members dreamt of doing since the early nineteen fifties. These are all engram processes. LRH praised the granting of beingness as an extermely valuable ability, in fact he stated that it was more valuable than being able to assume beingness yourself. For that reason, the following group of processes are more important than any previously discussed processes.

Duplication is the basic action of granting beingness. One first learns to very perfectly duplicate another person's communication. Then, with these processes one applies the ability to duplicate another person's bank to a very comforting product. The engrams you run will almost always be your own. You will usually get the permanent case gain. The dramatizing being usually gets a key out. Instead of saying "You bastard, your dramatizations restimulated me." you can honestly say, "Thank you for the material to audit."

8. FIND THE DRAMO AND BLOW THE GROUP DRAMO – THE GENERAL STEPS

1. Postulate mastery of your own personal Positive Org Board (You are the group, therefore the group's org board belongs to you) and postulate mastery of your entire life.

2. Apply your mastery and the Positive Org Board as you proceed into group activity.
3. Note the first read you get as you proceed. That will be the ROB challenge to your mastery, (as well as the mastery intended by other group members.)
4. Retreat from the group momentarily.
5. Erase your reading item.
6. Return to the group activity looking for the next read.

To quote, or misquote hockey commmentator Don Cherry, "Whadda life. Ya can't beat it."

There would be a gradient of auditing yourself, and your post, then your department, and eventually the whole org. The reverse Org Board will vanish, piece by piece. The only problem is that once you take responsibility for the whole Org, they will want to make you Executive Director. You might escape that one by becoming an ESTO.

PRINCIPLE - BEING EFFECT, OF A DRAMATIZATION MEANS, THAT YOU HAVE A SOMEWHAT SIMILAR ENGRAM OF YOUR OWN.

PRINCIPLE – GETTING ONTO CONFLICT REGARDING IS A CONTEST TO SEE WHOSE DRAMATIZATION WILL WIN.

PRINCIPLE – WHEN A DRAMATIZATION IS BROKEN THE LOSER TAKES IN HIS OWN RESTIMULATED BANK, AND THAT OF THE WINNER.

PRINCIPLE - BEING EFFECT OF SUPPRESSION MEANS THAT BOTH YOU AND THE SUPPRESSOR HAS A SOMEWHAT SIMILAR ENGRAM, AND THE SUPPRESSOR WANTS TO PASS ON THE CARE OF HIS ENGRAM TO YOU.

9. EVERYONE SHOULD BE ABLE TO BE A SUPPRESSOR – THE REVERSE ORG BOARD – THE HIGHWAY TO HELL - AUDITING PROCEDURES

Assess for charge by lightly trying to get the positive org board in. You may get lots of reads by just conceiving getting the positive org board in. You will be restimulated. Audit those reading items. You can do this from either inside, or inside the group.

Apply the que bonum rule, to locate the SP, who benefits from the reverse org board, consider very lightly trying to correct his ethics. Audit the restimulation. Assume the viewpoint of the SP, and audit, how you would be restimulated by being that person. Blow the gloater as often as you encounter him in session.

THE CREATIVE MOCKERY ORG BOARD, THE SUPPRESSIVE ESTABLISHMENT ORG BOARD, AND THE CHARGE ASSESSMENT ORG BOARD.

The first department of each Highway to Hell Division is how the suppressor gains control over the theta being, by voluntary degradation of him self. The second department is how to use restimulation, as a tool. The third department is the spiritual deadness, which automatically results to self, from applying the first two steps. Now, we can all go straight to hell, if we wish.

You can get items to audit from the restimulation of your encounters with an individual on the Highway to Hell. Just try to help straighten the suppressor out with theta communication. Your failures will provide restimulator buttons, which you may audit.

The Creative Mockery of the Highway to Hell Org Board is a quiet way of controlling the Highway to Hell Org Board, without auditing. Here you become a suppressor; yourself, but without the evil intentions, we hope. That means you can work on the Highway to Hell, with good intentions, and no harm to self. LRH said that the way out of the trap is to be the trap. Everyone should therefore know how to be a suppressor, and know how to go to straight to Hell, with certainty. Yeehaaaa.

You must, at certain times, be willing, and able, to be a suppressor, in order to be free of suppressors. When you get into communication, and things that happen to you just do not make a whole lot of sense, and you seem to be in trouble, someone in the group is probably operating on a Highway to Hell Org Board. If you suddenly become a suppressor yourself, all of it will make sense. You will, happily, have a lot more control than the real suppressor, because your creative abilities are far greater than his dead ones. Just remember that it is a mockery, instead, of the real thing, we hope.

The Suppressive Establishment Org board is intended to not allow the theta being any control. It has ways to hurt you if you try to control anything. Its invisible operating basis is that you have a lot of charge on its counter-survival activities, and cannot, in theory fight back. You can gain an amazing amount of control over the Suppressive Establishment, by merely assessing for charge on such group activities, and auditing out that charge. You will feel endangerments because of what the Suppressive Establishment might choose to do to poor defenseless little you. Just self-audit, with Seven Graces processes.

The Charge Assessment Org Board helps to guide your search for charge to run.

Below, we have 4 twenty-one department org boards in parallel alignment.

There is an unmentioned fourth department for each Dvision. That fourth department is the Brahmin' Department. A Brahmin is three feet behind each Division's head, so to speak. The Brahmin's responsibility is to make sure that theta beingness always remains the senior governing factor of all parts of any org Division, and that neither the Highway to

Hell Org Board, nor the Suppressive Establishment Org Board retain a foothold, like they did in the old Cos.

It is a real test of your training, to make the following org boards work for you. Good luck. A new series of Power processes might be developed from these org boards. A sample Power question might be "How could non-confront be cause, and so on. A series of processes can probably be developed (from the org boards), for the purpose of salvaging suppressors.

10 WHAT ITS LIKE UNDER SUPPRESSIVE MANAGEMENT - HOW A PTS STAFF MEMBER FEELS

A staff member is PTS, at work, every time he is aware, that he, or the group is doing something wrong, or is doing something in a non-optimal manner, and is unable to do anything to correct, or improve it. Sound like someone we know? Just audit every one of those restimulations with the appropriate seven graces processes.

The responsibility of an enlightened manager is to makes sure that every single junior knows that the entire group is doing as much righteousness as they possibly can, and that the group will expand to include new rightnesses as soon as is workable. A happy staff member is one who can always count on improving righteousness, whenever needed, among his fellow group members. With this in mind, the entire Doingness Org Board (A list of all org doingnesses.), is simply a current list of group righteousnesses.

A suppressor will rail on and on against management, so PTS management shuts down the seven kinds of staff theta, and jams them hard shut, by adopting the seven suppressive deadnesses. Management, when it does that has just signed its own death warrant, as happened in the Church of Scientology. Awww, such brilliant management we had, tch tch. So sad to see their psychotic asses kicked out of there.

A theta being, who is a junior, might briefly complain against management, but only when restimulated, or misinformed, or when management is making genuine blunders. Part of a manager's job is to differentiate betweeen the howlings of an upset theta junior, and the railings of an SP. If management cannot do that, they should seek other employment.

PRINCIPLE - TO BE FREE OF OPPRESSORS, YOU MUST BE AN OPPRESSOR

PRINCIPLE – THE SCIO EXECUTIVE GRAVY TRAIN WAS THE ONE-WAY FLOW OF DEMANDING THE SEVEN SANITIES FROM JUNIORS, AT ALL TIMES.

PRINCIPLE - ENFORCED SANITY RESULTS IN EVENTUAL INSANITY.

PRINCIPLE – SELF-ENFORCED SANITY MAKES A ROBOT.

PRINCIPLE – CREATIVE MOCKERY, OF INSANITY, NEUTRALIZES EXECUTIVE INSANITY, BECAUSE OF DUPLICATION.

Here is one of your tickets out of this hell hole.

Hubbard gave Scio executives a license to act in an insane manner when he set up a system of one-way flows regarding theta. All the dedicated juniors in the church wanted to be sooo sane, and wanted to behave sooo sanely, that they set up a dichotomy, whereby they were always generating the theta, and the execs were always free to generate the entheta, and to run this as reverse processes on all junior staff. All scio juniors worked desperately to 1. duplicate every communication from seniors 2. treat seniors with perfect integrity 3. understand every single order, and every aberrated whim generated by seniors 4. conform with all norms set by seniors 5. have absolute faith in the correctness, and Authority of senior management. 6. cooperate perfectly with seniors, no counter-intention. 7. Stay, always in your own valence, and never in the senior's valence. Now that's a good little robot slave.

If you treat suppressors with nothing but theta, the suppresor wins every time, and you eventually crack. Be entheta? Oh no. Be a suppressor? Oh noo not me, not me.

The way out of the trap is to be the trap. Now, for the obvious next step. BE WILLING TO BE A SUPPRESSOR. You can do creative mockery of being a suppressor yourself. Yes you can, and the world will not end. Trust me.

PRINCIPLE – TO NEUTRALIZE A SUPPRESSIVE DEADNESS, DO A CREATIVE MOCKERY OF THAT SUPPRESSIVE DEADNESS YOURSELF.

PRINCIPLE – TO STEER A SUPPRESSIVE DESPITE HIS COUNTER INTENTION, DRIVE HIM IN THAT DIRECTION BY CREATIVE DESCRIPTION OF PRETENDED BANK BUTTONS.

PRINCIPLE – TO KEEP FROM BEING EFFECT OF BANK DRAMATIZATIONS, CREATIVELY DRAMATIZE MAGNIFIED HARMFUL EFFECTS ON SELF, FROM THE SUPPRESSIVE'S DRAMATIZATIONS.

PRINCIPLE - TO BE EFFECTIVE, THE CREATIVE MOCKERIES MUST ALWAYS BE NEWLY MADE, IN PRESENT TIME, AND THE PRETENDED INDICATORS OF RESTIMULATION, AND THE PRETENDED DRAMATIZATIONS, MUST ALWAYS BE UNIQUE, AND NEVER BEFORE SEEN.

PRINCIPLE – THE SUPPRESSIVE CANNOT USE YOUR CREATIVELY MOCKED UP BANK BUTTONS AGAINST YOU BECAUSE THEY ARE NOT REAL, AND ARE NOT CHARGED.

RANDOMITY DRILL: PRACTISE DRAMATIZING, IN AS MANY DIFFERENT WAYS AS POSSIBLE, ALL OF LRH'S LIST OF BAD INDICATORS, SO THAT YOU CAN MORE SKILLFULLY APPEAR TO BE AFFECTED BY RESTIMULATION, AND DRAMATIZATION.

EXAMPLE – A PUSHER (Grace 3 reverse auditor) - is a degrado who supposedly makes it his job to push others to work harder He raises stats briefly, but is counter-productive because his product is a PTS graph. ie. a roller coaster.

A pusher does not work. He watches other staff members so he can give them verbal orders. If workers appear to slacken in their tasks, he gives them a verbal push. A pusher cannot produce because he is too busy watching others.

People pushing is a worse than useless service. The pusher operates by taking work orders, which should be in someone's in basket. He keeps those orders to himself, then orders the worker to do what he would have done anyway.

The pusher falsely claims to be a management asset because he really drives up those statistics, but he ignores that fact that stats soon fall lower than they were before because he increasingly enturbulates staff members and because of distraction from normal organizing activities. A worker who cannot control his own time will put off vital maintenance of self and job site. Laundry gets left for another day. Unanswered communication piles up somewhere. Bulbs don't get changed. Eventually the unhandled maintenance work catches up and stats must fall.

According to LRH, a job is generally 50% cope and 50% organize, therefore, every staff member should have two stats, a cope stat and an organize stat. A pusher throws all staff into constant cope, and pretends that his refusal to understand the complaints is a great company asset. Sorry. The intentional non-understanding of complaints is suppresive.

EXAMPLE:
AT DIV 3, THE PUSHER'S REVERSE PROCESS IS THAT OF GRADUALLY REVERSING THE WILLINGNESS OF A STAFF MEMBER AS PER CDEINR SCALE, BY VERBALLY, OR OTHERWISE COERCING HIM TO WORK HARDER AND FASTER. The staff member will gradually go down tone until he refuses to work, and comes to hate his job and the entire group. Thereby the pusher gradually destroys the group while pretending to help it. Surprisingly, top Scio execs were taught the criminal attitude, that it was their duty to work junior staff members to death, then to spit them out. I spit scio execs out, and when I spit like that, I mean it.

PRINCIPLE: ANY SCIO STAFF MEMBER IS TO BE REGARDED AS A WILLING AND EAGER WORKER. No one shall appoint himself the job of coaxing Scio staff to work harder. That job is cancelled.

Production is the basis of morale only when that production is self-determined, or pan-determined. High production at the hands of a pusher always degrades one. Any senior who appoints himself to the job of pusher is automatically demoted.

High effort work is greatly helped when a bosun, for example yells, “All together now, heave, heave, heave.” That is a command of coaction, and that is very healthy for a group. Dynamic orders to guide and coordinate efforts are very acceptable. A sane group can differentiate between the pusher and the theta control of a bosun.

THE ACCEPTABLE PLACE FOR A PEOPLE PUSHER - The dam has burst and the sandbag dike must be built, or we will drown. A degrado people pusher cannot handle this. A typical big being leader can yell at thousands of people, making them work harder than ever before in their lives, and they will get that dike built, like you would not believe. The big being leader stops pushing the minute the dike is built. He would never treat people like that in normal life. The group might do a parade for him if they recognize that he is a leader.

TO THWART A PUSHER WITH CREATIVE MOCKERY

Decide to fail to understand his push push push commands. He does not understand your need to expand your storage area, or some such thing. You can fail to understand, him too. He will ask what you do not understand. You tell him, I do not understand how to import these widgets without storage space. You got him. If he comes up with more push, just keep failing to understand it, because of any damn reason you please, which benefits you. If you came to him directly indicating your need for storage space, he would have not understood. Now, he reacts, even though he still does not understand.

A REGULAR LEADERSHIP ROLE – is to flow theta goals at a group until they collectively rise high, on the CDEI scale, (high willingness), and he keeps them there. Other ways of raising the group CDEI in the absence of great leaders are group processing, De Dinging, and group singsongs and org entertainment, (not big screen television nights).

EXAMPLE:

GRACE VI REVERSE PROCESS – GETTING EVERYONE COMPETING. – WHILE COVERTLY SETTING UP COOPERATION FOR MANIPULATIVE POWER. Criminal public relations is to set up a fight or competition between any two groups or individuals. The real victors are the fight promoters, rule makers and referees. Every group that the Suppressors want to subjugate, is set into competitions. The fight promoter automatically becomes the leader of both fighting parties. Poof, instant demagogue.

CREATIVE MOCKERY – Mess this guy up by declaring lots of competitions, which do not exist.

A team is much stronger than a group of competing individuals any day. There is much pride in being part of an effectively coordinated unit. There is extended pride and wealth in larger and larger coordinations up to the size of nations and beyond. Degrados compulsively work to weaken coordination by setting units of any size against each other in countless games conditions. The theta formula is that any time there is competition, conditions can be improved by cooperation.
Example: The Birthday Game Committee pitted every Org against each other in a competition to see who could get the highest stats for each week, then for each quarter, then for Ron's Birthday. Their product was a lot of chaos and a rollercoaster stat.

11 SOME ORG BOARDS IN PARALLEL

DIVISION ONE

DIV 1 CREATIVE MOCKERY, OF THE HIGHWAY TO HELL ORG BOARD
1A - CATCH ATTENTION BY INCREASED RANDOMITY OF ACTIONS
1B - HERD THE SUPPRESSOR BY DREAMING UP LOTS OF PROBLEMS REGARDING HIS SITUATION OF NOT HANDLING YOUR SITUATION
1C - PROCEED AS IF HE DOES NOT MAKE SENSE

DIV 1 SUPPRESSIVE ESTABLISHMENT ORG BOARD
1A - COMMUNICATION BARRIERS
1B - MISDUPLICATION
1C - THE BONNE IS STATUS, OR ARISTOCRACY

DIV 1 CHARGE ASSESSMENT REGARDING THE SUPPRESSIVE ESTABLISHMENT
1A - ASSESSS CHARGE ON CONFRONTING COMMUNICATION BARRIERS
1B - ASSESS ETHIS FREEZE CAUSED BY MISDUPLICATION
1C - ASSESS CHARGE ON SUPPRESSOR'S UNDESERVED SOCIAL STATUS

DIVISION TWO

DIV 2 CREATIVE MOCKERY OF THE HIGHWAY TO HELL ORG BOARD
2A - MOCK SYMPATHY FOR ANY UNCARING PERSON, AND LOTS OF UNCARING FOR EXTERNAL EVENTS

2B - HERD THE SUPPRESSOR BY ASSIGNING LOTS OF THEORETICAL MOTIVATORS
2C - ACT IN NON-PREDICTABLE (APPARENTLY IRRESPOINSIBLE) WAYS, AND DO 8-C SURPRISINGLY, AND AT WILL.

DIV 2 SUPPRESSIVE ESTABLISHMENT
1A – DEMANDS FOR PROOF OF INNOCENCE
2A – ATTRIBUTING FALSE PURPOSES REF. FPRD, DESTRUCTION OF REPUTATION
3A – POLICE FORCES, AND SECRET POLICE FOR THREAT

DIV 2 CHARGE ASSESSMENT REGARDING THE SUPPRESSIVE ESTABLISHMENT
1A - ASSESS CHALLENGES REGARDING INTEGRITY
2A – ASSESS CHALLENGES REGARDING INTENTIONS
3A – ASSESS CHALLENGES REGARDING RESPONSIBILITY LEVEL

DIVISION THREE

DIV 3 CREATIVE MOCKERY OF THE HIGHWAY TO HELL ORG BOARD
3A - INTENTIONALLY FAIL TO UNDERSTAND THE SUPPRESSOR'S CDEINR
3B – HERD THE SUPPRESSOR, BY IMAGINING, AND STATING LOTS OF BROAD GENERALITIES, WHICH SUPPORT YOUR INTENTIONS.

DIV 3 SUPPRESSIVE ESTABLISHMENT ORG BOARD
3A – ORGANIZED COERCION
3B – UNFAIR EXCHANGE
3C – OBSCENE WEALTH FOR SOME, AND ENFORCED POVERTY FOR OTHERS.

DIV 3 CHARGE ASSESSMENT REGARDING THE SUPPRESSIVE ESTABLISHMENT
3A – ASSESS FOR ANY ARC BREAKS REGARDING ORGANIZED COERCION
3B – ASSESS FOR ANY ARC BREAKES REGARDING UNFAIR EXCHANGE
3C – ASSESS FOR ANY ARC BREAKS REGARDING UNEARNED WEALTH

DIVISION FOUR

DIV 4 CREATIVE MOCKERY OF THE HIGHWAY TO HELL ORG BOARD
Fill these in for some practise....

DIV 4 SUPPRESSIVE ESTABLISHMENT ORG BOARD

DIVISION FIVE

DIV 5 HIGHWAY TO HELL ORG BOARD
5A - INTENTIONALLY REFUSES TO OBSERVE AND VERBALLY DISCREDITS OBSERVATION WITH CLAIMS OF DELUSION
5B -
5C – RESULT, LOSS OF ABILITY TO BE CERTAIN

DIV 5 SUPPRESSIVE ESTABLISHMENT ORG BOARD
5A - Suppressors build Authority by causing chaos, and demanding fixed position
5B -
5C – THE BONNE IS AUTHORITY, AND SUPERSTITION

DIVISION SIX

DIV 6 HIGHWAY TO HELL ORG BOARD
6A – REFUSES TO DISCUSS COOPERATION, AND HELP INTELLIGENTLY
6B – SETS ENMEST GOALS, AND ORGANIZES COMPETITIONS, AND SELFISH CONFLICTS
6C – RESULT, LOSS OF ABILITY TO HAVE THETA GOALS.

DIV 6 CREATIVE MOCKERY OF THE HIGHWAY TO HELL ORG BOARD

DIV 6 SUPPRESSIVE ESTABLISHMENT ORG BOARD

DIVISION SEVEN

DIV 7 HIGHWAY TO HELL
7A – INTENTIONALLY DISTRUSTS ALL JUDGEMENT
7B – TRAINS HIMSELF TO DO RITUAL WITHOUT MAKING ANY EVALUATION OF THE SURVIVAL VALUES OR HARMS
7C – RESULT, LOSS OF ABILITY TO OPERATE ON THETA PRINCIPLE

12 BIG SHOT

HOW TO TALK LIKE A BIG SHOT WITH THE BIG VOICE, AND THE DOUBLE TALK

There is a sort of ringing metallic voice, which says, "I am a power to be reckoned with. Open wide your breath passages in your head so as to generate resonance. Enunciate very clearly. Say every sentence with a slight descending pitch, and end every sentence with a sense of finality. It sounds like a military officer making a statement to his men. It sometimes sounds sexy as hell. Women can do it too. You often hear that cultivated voice, when talking face to face with politicians. Many, but not all politicians have that authoritative ring to their voices. When done right, it makes even a suppressive degrado sound like a god. Cultivate such a voice for yourself. It should be one of the TRs. It is very valuable at times.

Such a voice requires a commanding attitude, which can only exist with any consistency when an individual has lots of power, to back his words up. Now, to access that power, you need to master the Double Talk Org board. The power comes either from tone 40 intention, or from restimulating the other person's bank. If it is tone 40 intention, then one commands with simple sentences, like, "All aboard.". If it is bank power, then one speaks two concepts, or often, two sentences at a time. The first sentence is intended to restimulate. The second sentence is intended to offer a key out, or some kind of destimulation, by serving the will of the speaker, of course. Example: "The money you paid for your ticket is going to waste. Better get up, and dance with me." The big thetan says, "I'm not restimulated by that double talk line, but I'll go along with it anyway." Thereby occurs a very mild willingness to go PTS. In many PTS areas of society, double talk is the only way to get compliance, and cooperation.

When cooperation is initially very willing, and someone still uses double talk, to get their way, then the willingness slowly evaporates, leaving permanent contempt in its place.

A suppressor, who fails to gain control by double talk, will often collect bad news from a newspaper, or generate a real crisis, so that his restimulation has more power. A suppressive medico might warn that everyone is in danger of rabies these days, so they had better come in for their shots. Nobody comes in, so the medico injects a few local dogs with

real rabies. When the word gets out that some rabid dogs are about, people swarm in for their shots.

Suppressors are very resistive to theta control, but they are generally far more susceptible to control by double talk, than are other people. When you detect a suppressor, go ahead. Control him as needed.

CHAPTER 14
SOME WAYS TO DEVELOP GROUP THETA

1. FIGHTING DOES NOT IMPROVE AN ORG

Scio staffs tried to resist group bank although they were not actually told to resist group bank. They were only told that an executive must be ABLE to resist group bank. They assumed it was right to apply such an ability. Every Org is a Social War Zone because of that. If you stay on Scientology Staff long enough, foolishly resisting group bank, you will go insane, guaranteed per available tech. If you give in and agree with group bank, it will degrade you into an SP. Presently, Scio executives are degraded to the level where they all generate more group bank, as the current acceptable way to get the work done. Scio execs were a pretty screwed up bunch as it was, now with all those admin overts, there will be no case gain for them for a very long time to come.

Fortunately there are alternatives outside of the 5 choices of the famous black panther mechanism of DMSMH.. A sixth option is to as-is the black panther's appetite, and a seventh option is to key-out the black panther's bank. In other words you could erase the 3D panther's postulate to eat you, or raise his tone level to where he will be kind to you. To do this you would need to audit the panther as your third Dynamic engram. You would pull out your pen and auditing paper, and get all this auditing done before the panther could eat you. This is a fictional panther, so he gives you enough time to complete your sessions.

Since the group is stronger than the individual. Resisting group bank could be a suicide mission. An individual who could really and truly resist group bank would necessarily be able to blow an Org to pieces. Too scary. With philosophies like that, Scientology Management never had a chance, according to LRH, but it was done that way.

Resistance produces enturbulation. An executive's job is to bring order. Those who best resisted group bank would be the most enturbulative beings on staff. They would be quickly relegated to the lowest ranks, posted safely at the bottom of the Org Board, and told to shut up. That is why any org is largely inverted with the main body of degradation at all the top positions, and the biggest beings at the bottom.

Some beings take it upon themselves to out-create an entire org, carrying through some project with theta intention. Strange minor disturbances will occur because of entheta blowing off. The project is a

terrific success, but the memory of tiny flaps lingers. The project originator (thinking he should be a hero) is remembered for the flaps. He is considered a loose cannon.

In the days of sailing ships, the worst thing to have during a storm was a loose cannon rolling around on its wheeled gun carriage. It was a risk of life to tie that cannon down before it smashed through deck structures.

In modern corporations, it is death to your career to originate, and push through a successful project. So it is in orgs. No one will talk to you after one of those pushed through projects. Staffs subconsciously believe you are a personal threat, and unite against your future hopes. Missionaires were trained to invade an org to force vital policies into application. Nobody loves a missionaire. After enough flaps, missionaires become very bitter and burn out. (Nobody understands me.)

The solution is to continually produce group theta in sufficient quantity to defeat group bank. Group theta can be manufactured quite easily with available technology. This book tells how to manufacture and apply group theta, and erase group bank, to save both the individual and the group, and thus raise all to glory.

Suppressor technology is to generate large problems and chaos in an area so that a new project can be introduced as a solution, therefore Scio tech must to built a larte theta pool in an area so that a new project can be introduced as an expansion action.Continuing on that theme, Suppressors produce danger, Scios cause safety. Suppressors produce scarcity, Scios cause abundance. Suppressors produce ignorance, Scios cause wisdom. Scio products manifested on a physical level, can be destroyed, but the Scio products manifested as theta freed, by engram erasure, can never be destroyed.

2. CELEBRITY CENTRE'S CONTRIBUTION

Celebrity Centre was originally built with a hall, and a stage as its main feature. Scios from ASHO, AOLA, and LA Org would entertain each other several evenings per week. Most of the entertainment was of very high quality. It was open mike. There was a piano. Poets tried to make the ladies swoon. Often, the emotional response was stronger than any thing at the movies. There were no degrado, implanter, rock musicians. It was a tradition to go to CC after course. Many Scios from CC went on to international fame with their acts. The free shows at Celebrity Centre, were known to Scios, throughout North America. They were a theta generator, which made management much easier in surrounding orgs.

3.GROUP PROCESSING, AND SOCIAL EVENTS

The engram self-auditor does not personally bother with key-outs, but groups should always be concerned, with keying out the group mind.

Every Level of the Know to Mystery Scale, and every Grace Grade, would have a corresponding group key-out activity, which would

be a super morale builder, and a great conversion from reactive interaction to theta interaction. Even a few of these morale building events can change lives, make lasting friendships, and make beautiful memories which are never forgotten. It is absolutely wonderful to be a part of a group, which experiences these events. Group key-out events are cheap to do, and easy to organize, so why not have many of them?

Some third dynamic events are perverted to do nothing but degrade morale, and feed power to Suppressors. Some events are designed to raise morale, and key out suppression. Without the tech, it was not controllable, whether a group event would be a key in, food for the Suppressors event, or a key out, life enhancing event.

Looking back at innumerable psychotically designed events, and staff meetings, in the Cos, one can still recognize the suppressive management, who fed on the bank they keyed in. Every now, and then, there was a high theta event, and one can still recognize the theta beings who made those events into happy ones. It is interesting how quickly psychos attack the theta creators of good third dynamic events. These are your Suppressors, clearly identifying themselves. It's so nice to know who they are. A team of knowing individuals should identify, and handle Suppressors, whenever they show up, and go into their schtick.

Some, but not all, of the technology of these group-processing events has been worked out.

4. THE AUDITORS CLUB –

The best club to belong to - this is it. This is where to be.

As a natural promotional service, every Org needs an auditors club. If you can audit, or are a student, you can be a member. Only low wattage speakers are allowed so as not to permit uncomfortably loud noises, and implant entertainment. The club sells auditing supplies, herbal teas, organic meals, and vitamins, and whatever it takes to keep one in session, perhaps renting low priced auditing rooms, perhaps at a three or four dollars per day. There is a stage (theatre in the round) where all Scios may take turns entertaining each other and their friends several evenings per week. There are Sunday services, weddings, and banquets. There is poetry, music, drama, sculpture and any other sort of art by the club members. Since untrained entertainers can get pretty bad, there should be a gong to end any entertainment, which brings the audience down in tone. Only the MC may ring the gong, but any audience member may request the gong. The audience may do thumbs up, or down, at the MC while he does a leisurely pull back for his gong blow.

It has gradually become very apparent that an Auditors Club should be attached to a large gymnasium, and exercise complex. with sauna, and access to a running track. It turns out from developing the materials in this book, that study gains, and case gains depend to such a large degree on physical health, and fitness. It has also been found that physical exercise is a large auditing job. There should also be a herbalist, nutritionist, massage and other alternative healers located in offices there.

It is okay to self-audit at coffee tables in the Auditor's Club. Perhaps a nominal hourly table fee might be charged, and dropped when one buys meals or refreshments, or a membership. Self-auditors thrive in this bistro because it is entirely for them. The only thing wrong with this idea is that coffee is bad for you. There are hundreds of non-addictive, healthful herbal drinks and teas. Kvass (a fantastic effervescent sour drink made from fermented cabbage, cucumbers, dill, and/or other bitter greens), should be available, like it is in Russia. Every eating-place should at least keep a small herbal garden, and a few shrubs for high quality non-caffeinated drinks.

One suppressive device, which should never be allowed in an auditor's club, is a cappuccino coffee maker. A cappuccino makes more noise than a sheet metal shop, as well as making a debilitating poisonous drug, which decreases TA motion in session. There are auditors in the building, and they are in session. We have the technology to put a man on the moon. Surely we can create a quiet bistro.

5. A NOTE ON MUSIC

Jazz, (most jazz) for example is suppressive music because it puts the audience into apathy by constantly ARC breaking them. Jazz musicians achieve audience apathy by refusing to play four bars of music without disrupting the rhythm, and the tonal scale. You can see jazz audiences all slumped and motionless, robotically clapping with limp hands, musically defeated. Both the jazz musician, and his fans will tell you that it is not the job of the jazz musician to entertain the audience. It is the job of the audience to understand the musician. You "understand" such music by letting yourself be ARC broken, and give up. If you query this a little further, you may ask the jazz fan, should it not be the job of an entertainer to lift the tone level of the audience instead of driving it down? Jazz fans will admit that no one really enjoys jazz. A jazz fan is there to be a good audience for the entertainer. Both the jazz audience, and the jazz musician will make that same PTS/Suppressive statement. There must be no jazz of that insane nature allowed in any Scio space. It is unfortunate that a lot of predictable, subtle, uplifting music is also called Jazz.

Chaotic screamed music is suppressively engineered to restimulate bank, and to activate entities.en masse. The intention is to cause and manipulate bank dramatization. Suppressive sculptures, and art works are bought, by governments, to employ useless relatives. One characteristic of such art is that it has hidden symbolism which must be interpreted. Usually it is very ugly.

Any entertainment or art, which lowers tone level, must be vigorously, graciously removed.

A lot of classical music, or even popular music is so subtle, and high-toned that it misses the lower levels of audience, and makes psychotics in the audience go insane. They toss their bodies about, and make animal noises. I have seen entertainment where the sane portion of the audience was clapping and cheering wildly, while the psychotics were

physically after the entertainer, trying to engage in a brawl. Early Elvis Presley movies had that theme, where poor Elvis was always getting into a scrap after his song. The MC must be very watchful when the entertainment is especially good. He must quietly arrange to have such psychotic audience members ejected as early as possible. An entertainer, who knows he is good, should know how to fight, and should keep a capable friend nearby for backup. You always get the pretty girl after doing one of those truly high class shows, after subsequently knocking down the bully. It seems to happen every time, just like in the movies, both the bully, and the girl appear like magic. Sometimes it takes a day or two for them to find you. So you are an entertainer and this does not happen to you regularly? Build up your theta power, with auditing. Project theta intensely through your voice, so that you touch the hearts of the audience, so that you raise their tone level very high. That is when it happens. So you can't raise tone level with your music? You are useless. Get a new career.

Only fifty years ago, in small towns, one could not walk very far without hearing someone singing, or playing an instrument. The nations were much higher toned in those days, and people expressed it by creating their arts. Actually, it was mainly the other way around. People raised their tone level so high by being creative. One curse of mass media, is that people get lazy, and throw on a record, instead of creating their own entertainment. Groups creating their own entertainment generally gain a much higher tone level than the media can bring

6. COACTION EFFORT DRILLS.

Former US Colonel, Tony Herbert pointed out a simple method of raising 3rd Dynamic Morale by a lot of hard cooperative effort. For training purposes, a small artillery piece was pulled to the top of a small mountain over very rough terrain by a group of soldiers, with ropes, pulling by hand. It took all day. Morale in the platoon went sky high. This was a 3D effort process of great value. The process involved moving lots of mass, expending effort, lots of teamwork, lots of space. You could perhaps do it with a truck axle with a bit of a frame. The product was a unification of minds, which would last for months. That is one way to create a real team with real team spirit, very fast.

Similar coaction drills could be done at many other levels of the Know to Mystery Scale. All the drills could take a week or two, but you would have welded together a fantastic team, a very powerful 3rd Dynamic at tone 4.0.

The degrado idea of raising morale is to divide the platoon into two teams, and have them play football. Rivalry is a group bank dramo (dramatization). Creative co-action produces ten times the morale because you cannot play mind games when you are efforting like that. Theta rules, briefly, and that is remembered by all, as a darn good time.

7. YE OLDE NAVEE

According to legend, a high-toned officer, named Nelson was newly given captaincy of a British naval vessel. On his first day, Nelson took over the supervision of the ship's cleaning rituals, the gun drills, and the sailing drills. He drilled the men with such spirit that they loved it. The crew got happier and happier. British ships carried musical instruments in plenty in those days. At the end of the day, the men were all singing and dancing, even cheering for no sensible reason.

Next morning, the ship and the uniforms were cleaner than they had ever been. The First Mate was not very popular. The First Mate burst into the captain's cabin, and punched Nelson in the face. He said, "You are vain Sir, more vain than any man I have ever known. The men will not obey me. I leave this Devil's Ship." As he walked out the door, and lifted his luggage, the First Mate announced, "The ship has gone mad, because of you." The men helped by throwing the First Mate and his luggage over the rail.

The infection quickly spread to other naval ships in the harbour. This grinning fool, Nelson, was gaining some sort of power. The Admiralty soon discovered that they had to promote Nelson, because the British officers and men would follow none other than him. Soon, he was a Vice Admiral, like in the Gilbert and Sullivan song, Ruler of the Queens Navee.

Soon England had a revitalized navy, which could once again kick ass on every ocean of the world. Nobody, anywhere, could stand against the British Navy for many a year.

8. THE NEED TO MANUFACTURE GROUP THETA.

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9. GENERATING THETA OR ENTHETA FOR CONTROL

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SCIO TECH MUST BE TO BUILD A LARGE THETA POOL IN AN AREA SO THAT A NEW PROJECT CAN BE INTRODUCED AS AN EXPANSION ACTION. Continuing on that theme, Suppressors produce danger, Scios cause safety. Suppressors produce scarcity. Scios cause abundance. Suppressors produce ignorance. Scios cause wisdom. Scio products manifested on a physical level, can be destroyed, but the Scio products manifested as theta freed, by engram erasure, can never be destroyed.

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11. SAINT KINGSLEY

The De Dinging technology of Saint Kingsley Wimbush must be recovered and applied in every Org. Saint Kingsley's work is a very powerful destimulation technology which keys out group engrams in those who have not yet achieved Brahmin status. Dedinging expands group theta very fast.

An engram self auditor, or future self auditor must very carefully note every read spotted during De Dinging, and must add these reads to his Personal Charge List, so that the underlying 3D engrams may be erased forever.

CHAPTER 15
SCIENTOLOGY CHURCHES USE A FALSE ORG BOARD

1. THE FALSE THREE PHASE CYCLE OF ACTION TURNED THE SCIENTOLOGY ORG BOARD INTO A DEATH SPIRAL

The false cycle of action has 3 phases, variously named in the table of relationships. It is also called the Apparent Cycle of Action, or the Start Change Stop cycle of action starts at tone plus 40.0, and descends through death at 0.0, to tone –40.0.

Every Org Board Division is wrongly formulated with three Dapartments corresponding to the 3 phases of the false cycle of action. This immediately tells that you can raise stats by gradually killing people. It also tells you that the way to promotion is open, mainly for those who truly are willing to gradually kill their workmates. For example, willing staff members get driven down the CDEI Scale. Scio staff desire to help in the beginning. Duties are enforced on them until their dynamics deteriorate. They start to refuse extra work, or get sick. They get offloaded, then hate the church, and refuse to be part of it. This is actually out-exchange. The group takes the work energy from the individual without giving back time for that individual to replenish himself. Mass suicide has been perfected. You do not want to base your entire operation on a cycle, which ends in death.

2. THE TRUE ORG BOARD WOULD BE FORMULATED AFTER THE TRUE, FOUR- PHASE CYCLE OF ACTION.

Using the actual cycle of action would reverse the death spiral.

The True cycle of action has an additional phase called as-isness, or duplication.

There would need to be a fourth department in every Division. The fourth department of each Division would be concerned entirely with the subjects of perfect communication and group theta. Ref. Scio Axiom ll, Axiom 28 and Axiom 55.

Per axiom eleven, the conditions of existence are fourfold. Axiom 28 adds as-isness to the apparent cycle of action to make a perfect cycle of communication. Axiom 55 opens the door to applying an improved cycle of action in life.

The D4s, or Department 4s would be the senior departments of their respective divisions. Theta is senior to MEST. The D4s are the means by which, the Grade Chart rules the Org Board. D4s would be the Scio Grade Chart actually incorporated into the Org Board. The 7 D4s would specialize with theta subjects relating to the 7 corresponding Scio grades, and each 3D grace. Their auditing would permeate the entire org, as well as the space around the org. A precedent for D4s was the seven storey Chinese pagoda where monks took the roles of Brahmins, probably working with a mystical variation of the 7 Grades of Scientology. The earliest known Precedent was the 7 storey Tower of Babel, whose Brahmins hoped to reach heaven with inadequate tech.

Each of the D4s would permeate and perfect all comm cycles of the org Divisions. Their responsibility would also come before, and after all cycles. It is not dev-t for a staff member to pause from work to talk to a Brahmin. A Brahmin is, like a chaplain, allowed to be anywhere in an org at any time to communicate, observe and assist. The staff of the Department 4s would all be Brahmins, (Higher Dynamic (HD) Auditor would be another name for a Brahmin).

The departments of each Org Board Division should be re-numbered to show which phase of the cycle of action they are operating. Thus the four departments of the Technical Division, Division 4, would be numbered. Tech 1; Tech 2, Tech3 and Tech 4. The Sections under Tech 3 could be labelled. Tech 3A; Tech 3B; TECH 3C, and so on. It is interesting that you can not properly fit an entire Nine Division Org Board onto a 4x8 sheet, writing with dymo tape, but the orgs keep trying and trying, and you can not tell them otherwise.

The logo of the D4s, (Department 4s) would be a gold Greek letter Omega. The symbol was chosen thousands of years ago, and perhaps much earlier than that, to represent the final victory of theta over MEST. It represents the path from native state, through the entire cycle of cosmic time, back to native state again. This is the actual cycle of action viewed on a cosmic scale The two wings of the letter Omega represent how it was in the beginning (as isness), and how it shall be in the end (as isness again). The loop of the letter Omega represents cycle of the span of all

time from beginning to end. It is the last letter of the Greek Alphabet. Omega symbolizes the sacred goal of every major world religion. It is mentioned in the Bible as the final aspect of God, and rightly so. He said, I am Alpha and Omega. Maybe he is...

3. NEW BRAHMINS

The staff of Department 4 offices in every Division are called Brahmins. The Brahmins are responsible for keeping their Org operating on a positive Org Board at all times. They correct reverse Org Boards, and correct reverse group auditing. They watch constantly for the Unclean Expressions listed in the section on Suppressors.

Brahmins audit 3rd and 4th Dynamic engrams as a service to their org. The Org is protected on a spiritual level by all this 3rd and 4th Dynamic work. The entire org is trained to watch for, unclean expressions within their perimeter. The Brahmin knows how to handle any unclean expression righteously. If a Brahmin is unable to resolve an unclean expression in a one on one basis, he is entitled to marshal the forces of the entire org. Surprisingly, enough, in a short while, staff, and public will be able to safely utter the most astonishing, outrageous truths without fear of reprisal. That is the kind of freedom we want. Sometimes, what everyone thinks is an unclean expression, will turn out, instead, to be an outrageous truth. We want to be in a condition so that we can laugh hard, at ourselves, and learn those lessons fast fast fast.

BRAHMIN MISSION STATEMENT – To maintain a safe space for positive expressions, and the theta handling of the unclean expressions.

Those who can, and do audit the 3rd Dynamic and higher, are special beings. They deserve special consideration because they advance the spiritual motivation of Orgs. Brahmins, if on staff, should only work a few hours per day so that they may audit more.

It is a fact that someone auditing his own 3D and 4D engrams within a group, actually frees the entire group whenever he achieves an erasure. It is a shared telepathic victory. That is why a Brahmin audits himself while on an Org post and on Org pay.

Staff Bramins should be given pure white, bulky, linen jackets, which should reach to upper thigh. They would be loose enough to easily fit over suit coats or jackets. They would be in fact, oversized white linen parkas to protect from desert heat or winter winds, serving along the same principle as the all weather police jackets worn by LA cops. The Brahmin coat would be of a much looser design, tucked and elasticized at cuffs, and bottom edges to seal against the wind. The coat's function is for freedom of movement for strolls in the parks in any weather during session breaks. Brahmin jackets should be issued fresh cleaned, every few days, at org expense. Different climates, and seasons, would require different style jackets. They would have shoulder patches with gold omega symbols.

The Brahmins would daily examine reports of org insanities. They would analyze suppressive management activities, and solve them so that the staffs destimulate, confront and handle. Converting group bank to

theta is the overall product of the Brahmins. This work was attempted by the Scio Chaplain, but as a single individual, and with inadequate tech, the chaplain failed.

Brahmins can usually audit in a quiet coffee shop atmosphere, but there must be cots available in dark, quiet rooms for them to recover from heavier engrams. Private rooms must also be available for auditing those incidents, which cause intense body reactions, not suitable for public viewing.

4. SOME DUTIES OF THE NEW BRAHMINS

In theory, a Brahmin could audit out enough group engrams to solve any org communication outness. Brahmins work daily to put in KSW in their Division, and clear out reverse org boards. They would denounce and forbid reverse auditing whenever it springs up in a group. They would denounce, and forbid needlessly restimulative communications or objects or restimulative people, for that matter. They may suggest appropriate Scio group auditing sessions at staff meetings, and they personally audit 3D and 4D engrams and gloaters daily. It is not slacking for a staff member to pause to talk to a Brahmin. A Brahmin is permitted, like a Chaplain, to visit anyone who needs him, and to chase down and correct aberrated comm cycles anywhere in an org. He may pull the restimulated staff member briefly off post, leaving a 5”x 6” gold coloured card indicating that the staff member is off talking with his Brahmin.

5. THE ESTO HAT

The most senior Brahmin in an Org is the Establishment Officer, or Esto. The Esto never works. No one can control the Esto. He gets up when he damn well pleases. His position is near the King, but he probably sits with the Jester. The Executive Director is the work boss. The Esto may be a leader.

The Esto goes whithersoever he pleases.

The Esto is allowed to bring along an irrepressible sidekick, when he chooses. The irrepressible sidekick is a cheerful, highly intelligent, brawling, obnoxious little sonofabitch. The proper name for that sidekick is batman. A batman gets that name because he used to carry a bat. Today, it might be called a cane, or swagger stick. He is a bodyguard. A less creditable name is henchman. The batman is an officer’s butler, and chauffeur. He would care for the horses, and bring the riding horses, when needed. He would ride alongside. He helps with minor chores and mainly watches an officer’s back.

6. ABOUT NO CASE ON POST

Whenever a staff member is on post, he has no case. The moment a staff member enters a Brahmin’s office, he is in safe territory. He is off post. The staff member can discuss the restimulation factors of his job, his life, and his relationship to the group. When the Brahmin’s office is suddenly full of people, suspect suppressives at work.

A staff member's life should be very pleasant and enjoyable. Staff should expect to get along well with each other. They should be able to easily reach agreement regarding all thoughts, and practices on the job. If you can't get a senior to see your point of view, and vice versa, the danger flags are all up, there is something very wrong.

7. TELL A BRAHMIN ANYTHING

The Brahmin's job is to do a correct analysis of every org situation, good or bad.

Dispatch KSW letters whenever and wherever needed to fortify a good situation, or to undo a bad situation. An org should be able to handle its own KSW. If it can't even do that, it is a degrado dump, not an org.

Look for imperfect communication cycles and suppression.

Take any whiff of unresolved 3D charge into session. A single Brahminic session can alter an entire org. Believe it. When a team of seven or more Brahmins audits a situation, it is intense.

The Brahmin's investigations will easily turn up specific org aberrations, specific org restimulators, those who are dramatizing from the restimulators, and the suppressor, who works the restimulation scenario, over and over again. That kind of information is perfect material for an HGC C/S, to order pts auditing actions. Per LRH, a PTS handling takes priority over other auditing, so it goes into session right away. Very few PCs are so lucky as to have such precise case information available. The auditor's checking of facts, and a brief assessment will reveal the basic charge very quickly. The Brahmin is waay ahead of the CS on this stuff. He knows what is going on, real fast. He is generally waiting for the staff members to cognite, is all.

The Brahmin is auditing his own 3D and 4D bank. He needs no C/S but he might go over his session notes with a senior Brahmin, who may direct Brahmin teams to assess for charge; and audit any given org difficulty, in their own sessions. Whatever restimulates a Brahmin will restimulate the entire org. Keep your Brahmins happy.

8. BRAHMIN SECURITY

Brahmins often work, and travel in pairs, for personal safety, and for insights, which one might miss, and the other see. Their offices have strong locks, and various other security factors. Suppressives when in danger of being exposed, traditionally employ the services of goons, or cause intentional mishaps. The Brahmin can probably take care of himself, but he notifies org security whenever there is a touchy situation.

Brahmins only appear in an org when the city and the country are calm and peaceful, and maybe not even then, if they do not wish to. Special coats for Brahmins will only be worn during an all clear period. During times of chaos, Brahmin offices are closed, and the white coats are off.

Brahmins practise martial arts (not the robotic drills), and generally spend at least two hours per day on fitness programs. The physical exercises of a Brahmin accomplish 3D or 4D auditing anyway, so

their exercise is actually auditing session time. Daily engram auditing is very hard on a body, so fitness and nutrition is important.

Many Brahmins may choose to stay off staff, but support the org in other ways by their presence.

If you audit alone, and apart from any Scios, no problem, you can very quickly, after Clear, be your own competent Brahmin. You will discover that the vast majority of engrams you erase are charge from some suppression, or other.

9. EXEC DIVISION REVERSE PROCESS – ROBOTIZING RITUAL BRAHMIN DEPARTMENT – REPLACES RITUAL AND ROBOTISM WITH PRINCIPLES

Some beings stay very busy converting theta into robotism. Exec Brahmins would denounce the suppressor who makes robots. They would forbid the robotic ritual, and apply de-robotizing group drills. Notes would be sent to Ethics, and to auditing folders.

It is very frustrating to discuss theta principles with an SP. He will not quite get the principle, and will demand an example, and then will compulsively try to make a ritual of the example. He will never be able to comprehend the infinite variables of a principle. It is a mistake to keep giving him examples until he throws together some ritual because then he can pretend that he can apply the principle. He will now argue with his instructor because he has a ritual, which worked once, and he thinks should be applied forever, without concern about results. He is unprincipled, a dead soul. His rituals are all fake beingness.

MONKEY RITUALS AND MONKEY MEETINGS – ARE REVERSE PROCESSES-

Any meeting, where people go into robotic ritual, of hypnotic co-action (animal magnetism). This is mass reverse auditing. Robotic Scio clapping is a typical ritual of a monkey meeting. The suppressor, who controls a monkey ritual does it to install buttons and automatic responses so that he can later push those buttons to control his people. Monkey rituals are destroyed, by persistent clowning. If the clowning is done by an organized group, then the ritual becomes impossible.

Chinese school is one of the least aberrative of the monkey rituals. It has a benefit of standardizing the symbology of language, and a minor disadvantage of everyone studying at an arbitrary pace. It is very valuable for some training.

DEMAGOGUE – is a degrado who falsely takes a position, which should be filled by a leader. The demagogue is not capable of real leadership. He uses monkey rituals to

restimulate group bank, then agitates entities. A real leader raises group theta.

ROBOT – is a PTS individual who is other determined, and can no longer control whys for his work actions. He is created by not permitting him to deal in whys, and he is coerced to act, usually with threat of light or heavy, or implied force. All effect on you, and none on me is the motto of the robot maker. A robot does not take revenge but he will waste resources by continually doing useless, or inappropriate work, even when it is pointed out that no good results occur. Suppressive management will, of course, attack anyone who frees robots.
EXAMPLE: The degrado Executive Director of LA Org, Bill Franks, was a master of the monkey ritual. He had robotic foot stomping, robotic cheering, and robotic clapping all running on cue at every pause. He did nothing but monkey ritual reverse auditing at staff meetings. He did everything possible to squelch live group communication, and no one could merely walk up and chat with that psychopath. Bill Franks, and Alex Sibirsky probably did more than any other people, to turn the Scio church into a doomed group. An Exec Brahmin would denounce, and forbid monkey meeting rituals, and arrange group auditing to reverse the damage.
EXAMPLE: At every daily departmental staff meeting in the HGC at AOLA, for many years, the staff did a monkey ritual reciting, several rules in a policy letter called CS Series 25, as if they were the Lord's Prayer. Those staff members spent the rest of the day happily violating CS series 25.
EXAMPLE: A staff member who supervised a Sea Org Galley (kitchen) was almost never seen. It was found that she was always busy with office work. She was robotically filling out the same CSWs, and purchase orders over and over again. Those repetitive CSWs were rejected every week by FP. The robotic FP committee never cared that they were being snowed with useless paper. She had a twenty-pound stack of rejected CSWs, all done over and over again.by hand. She should not have been a supervisor

It should be pointed out that any exec, who demands useless robotic work, is of lower awareness than the robot he commands.

Robotic monkey rituals were suppressively demanded by the Commodore's Messenger Org to take up all available meeting time to prevent live communication, as well as to robotize the staff members. Verbal communication during the work day was labeled Dev-t, and interrupted instantly. There never was a time of day (or night) when Staff could talk amongst themselves. Even at mealtime, they were forbidden to talk shop. Management who imposed the no-communication ritual had unlimited time to talk among themselves in private meeting rooms.

YA GOTTA HAVE A CONSPIRACY TO MAKE SUPPRESSION GROW

A vital component of rob mismanagement is stonewalling against public out cry. You must go through formal channels to place a complaint

but the channels are all blocked, and the executive director will not talk to you because he is in on all that corruption, and helped plan it in the first place.

The runaround is what you get when you come up against one of these team conspiracies, and have only solved part of the mess. You might notice how precisely and correctly you had to behave when you got the runaround, and how blatantly irresponsible, and freehanded the offenders were.

Example: a registrar can tell any lie he wants just so long as he gets the money from the public. Another team member is the ethics officer who grants protection because that registrar brings in big bucks. Another team member is the HCO Exec Sec who demanded ethics protection for registrars so that she could increase org income with her corrupt plan.

Example When ASHO coerced students into studying until 3 AM to get student points up. It took a conspiracy of several org board posts to make this disaster. They knew all along that they were doing evil. Degrado management coordinates their criminal corps in secret management meetings. So nobody is responsible? Things just sort of happened? Never. The amazing thing is how many people are responsible. They.figured out how to cover each other's asses, and figured out their escape routes before they implemented their desperate plot. Check it out.

CHAPTER 16
THE FOURTH DYNAMIC

1. WHERE TO FIND THE FOURTH DYNAMIC

The instant you say government, these days, you are talking 4th Dynamic. Any upper management, which you cannot reach is 4D. In the army, the non-commissioned officers are 3D and the commissioned officers are 4D. High School is 3D. University is 4D. Trades are 3D. Professions are 4D. Any business or church grows a 4D when it expands to a certain size.

Pulling rank is when some officer says I can be nasty to you but you cannot be nasty back at me because I am in a higher 4D echelon. If you protest about the injustice of it, you are automatically attacked.

Traditional characteristics of those who operate the 4D are undeserved high social status, high education, aloofness (snobbishness), decisions made with a sham of consultation with the governed individuals, trading in mutual praise, and awards, and innumerable conspiracies. They despise and fear lower classes.

It need not be that way. There is a correct gradient of government echelons whereby every echelon is in harmony with other echelons above and below.

The aberrated 4D consists of rising echelons, each insulated from those below. From each echelon, aberrated selfish control flows downward and sacrifices flow upward. Higher echelons choose what sacrifices to demand from lower echelons. Since lesser beings in

management positions are incapable of extending their beingness through any 4D, they must submit to unethical mechanical management rituals and beams. Lesser beings do not belong in power positions and they know it. Since they are unjustly in office, the Powers that Be are traditional opponents of the Powers that Prevail.

The 4D sorcerer puts out a flurry of beams to help push through his genocidal postulates, thereby he appears to be a leader. A real leader extends a theta carrier wave for his postulates. L12 only partially touches on the technology of 4D suppression

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2. FOURTH DYNAMIC SUPPRESSION

The 4D suppressive is a person who builds criminal powers from 4D succumb postulates. 4D insanity is a collection of typical whole track succumb postulates designed to feed a hierarchy of demons. The better one creates, restimulates, and manipulates 4D succumb postulates, the higher one rises in the hierarchy. There is a great library of succumb postulates implanted in all beings but only a few beings take food from these implants. Taking food is the strange demented rituals by which these insane beings apply their sorceries. The word sorcerer means one who seeks out 4D restimulators. He intends to use the restimulators as sources of aberration. The sorcerer's product is eventual extermination of mankind.

Implanted succumb postulates are similar from person to person. Entire nations will, when restimulated, be moved to enforce succumb postulates on both individuals and groups. The succumb postulates are cloaked as noble sacrifices of one's theta. If one activates enough of these postulates, one can rise to become a demagogue.

4D Suppressors are often socially pleasant, and marvelously intelligent and cultured. They put on an act of high social class. You may know these people for a long time before you contact a succumb postulate, and the beam, which they restimulate and feed on. There is a brief wave of horror and loathing, when you recognize that you are dealing with a monster. There is no defense against his crime. He will go unpunished. So it appears. That wave of recognition is a valuable read for the process in this book, which blows the 4D SP.

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3. MALARKEY

MAL = evil

ARCHY = rulership

Bad rulers and their henchmen are recognized as great sources of insane 4D pronouncements. Our totally manipulated media seldom print or air anything except malarkey. Our rulers seldom pass any laws except malarkey. They compute that it is perfectly okay that the cumulative eventual effect of malarkey is the death for everyone on Earth. Most of our Malarkey was postulated during a previous death of everyone on

Earth during the Wall of Fire, so mass murder continues to be acceptable to the Malarch.. The Malarch is psychically protected, so he thinks, from any effects of his crimes.

4. EQUITY

Justice and correctness, in a social sense. Equity is the opposite of malarkey. It means the rightousness of any case under consideration. Equity is a very deep, loving, and permeating application of righteousness.

5. THE 4D SUPPRESSOR AT WORK

1. An invalidative 4D identity is generated, and assigned by speaking a word with hatred and a flurry of beams. eg. Honkey, Male chauvinist, Nigger, Person. We should get him, because he's a person. Yeah. The hatred and beams activate BTs so that it can be very uncomfortable to refuse to join in an attack of some kind. A Degrado would probably be unable to resist going along with the wishes of the SP.
2. The 4D suppressor creates a genocidal computation (Justified by the invalidation by assigned 4D identity.). eg. Parents are untrained in raising chidren, so government agencies are thereby forced into taking over to raise all children properly.
3.The command intention of the genocidal computation can be transmitted through an entire 4th Dynamic, enforced by beams and BT agitation. There is a chain reaction through one degrado to the next. In that way, a social force is directed. Some beings resist, or refuse to connect to the insanity, so non-conformists eventually get labeled, denounced, and attacked by the same method.
4. A genocidal dramatization occurs. Since we are part of many 4th Dynamics, we encounter genocidal invalidations, computations and dramatizations from many areas of society. One drug lord generated a computation that white girls should never make love to white men, only to blacks, and preferably get pregnant by some black drug dealer to be cool for the millennium. Thousands of young girls responded to the call. The 4D suppressor gloated.
5. People plead for equity. A mother wants her daughter back. Citizens petition against their tax load, and so on.
6. The 4D suppressor bounces back the pleas as if he were made of rubber, which he is. He is in a position of power. He is immune. He is calm. He gloats in malarkey. Some times, he throws a crumb of equity to the desperately appreciative public, but, mostly, he lets them suffer.

6. HOW A MALARK STAYS IN POWER

The Malark believes that first and foremost, he must retain his power position.
The Malark believes that any evil act is justified if he can get away with it and it keeps him in power.
The Malark believes that anyone demonstrating effective 3rd Dynamic causation is a threat to his power.

The Malark knows that leadership grows from effective causation.
The Malark prevents any other leadership from rising by thwarting effective beings whenever they attempt to cause something.
In other words a Malark's power formula is to go around thwarting all juniors who demonstrate effective communication and control, and new ideas.

7. THE 4D GLOATER – THE BEAMER, THE TURD BEING (THE SHIT BEING)

The 4D gloater is black, and generally larger than the 3D gloater. He may be shaped like a small cloud, or sometimes like a tiny black human head, or just a blob. He lives in a mocked up protective container, which is looks like a pinkish rubber turd. The purpose of the rubber turd is to bounce away pleas for equity and compassion with no effect on the self. He remains amazingly placid in the face of intense human suffering (Usually caused by himself). You can stomp on the turd with a thetanish heel with little effect. The rubber turd is also a self made prison which keeps that individual from enjoying the experiences of life. Little but high quality particles, like admiration, penetrate the rubber shield.

It seems likely that most Beamers were trained and activated as our leaders, and masters during the Wall of Fire incident. The trillions of BTs created at that time serve as a planet wide control medium. The reward for belonging to the OT3 conspiracy, may have been training as a Beamer, as well as membership in high levels of Xenu's telepathically controlled secret societies. Beamers are the beings, which can and do effectively use BTs to control masses of people.

8. BLOW THE BEAMER

To blow the 4D Gloater, you may slash open the rubber turd with a mojo knife (Sounds weird but it works.) Slash at the imaginary turd with a razor sharp physical knife, until you slit it open. The mojo knife works at a distance of thousands of miles. Pull out the gloater and hold both the turd and the gloater in separate thetan hands. Blow the gloater in the usual way to some heavenly body. Then blow the turd just like you blew the gloater. You will notice that the turd usually goes into the black core of a different heavenly body than the one the gloater went into. That is because the turd was postulated at a different time and place.

9. CONTACTING THE BEAMER OR TURD BEING

Assess an aberrated 4D for charge on any of the steps of, "A 4D SUPPRESSOR AT WORK " eg.You might spot some intellectual defending his Nazi friends with a statement like "There is really no such thing as right and wrong, after all." Get a read on any of those steps, and you have material for a session. Beamer somatics feel like shivers or quivers in parts, of the body. When you run quivers and shivers regarding some invalidative identity assigned to you, and they do not appear to have a whole track source, then look for the beamer person in present time.

Rattle that person around with a thetan hand, and you will soon feel and see the resistive rubber turd.

10. MALARKEY – AUDITING COMMANDS

Confront the malarkey imposition while the beams flutter at you, trying to make you succumb to the genocide agreement.

When the fluttering beams stop, the 4D SP's batteries will have run down, and you will be able to actually see the beamer, and his turd identity.

Slash the turd open with the mojo knife.

Extract the gloater from inside the turd, and blow him in the usual way.

Blow the turd in the same way you blew the gloater.

EP: A 4D aberration is partially cured, and will not be re-established as strongly as it was. To guard the EP, one must use the window of opportunity to undo the 4D Scam which the Beamer was perpetrating. If the scam is not undone, it will gradually re-power the Beamer SP.

When you are familiar with L12, and the data series, and get the knack for recognizing malarkey, you can find thousands of items to audit. Example, you are, just reading some irrational article in a newspaper, and you feel an impact. When you spot malarkey, you feel a blow. You really have been hit - by the SP's beam. Write down the restimulative denunciation or computation as your session item. When you were restimulated by reading this book , very often, it may have been from spotting malarkey. Some psychotronic attacks are done by beamers. If you feel a sudden pain in some body part, take a look in the theta universe. You may see the being who just hit you. He may be, for example, a fat slob of a human with a psychotronic machine, or he may be a silver grey alien on a skyship hidden in a cloud. Ten thousand malarkey auditors could really change things fast.

This process is a 4D PTS handling. It produces no personal case gain because it runs no engrams. Its value is to make it easier to gain from other processes. Good hunting.

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11. SPIRITUAL STATUS IS THE TRUE SOCIAL STATUS

The Responsibility Scale P119, Scientology O-8 is a partial scale of social status. What follows here is a somewhat larger scale, but still incomplete.

Some genius on the internet correctly pointed out that LRH's Responsibility scale had an error in it, perhaps an intentional misprint.

Self-determinism is higher than other determinism. The book has it wrong.

For our purposes, here is a Spiritual Status Scale. The Bible says you will know these beings by their products. By working with them in a group, you will soon hear their computations, and you may figure their spiritual status from that. There may be a series of metered questions, which might show spiritual status.

The following Spiritual Status Scale is rudimentary. It can, and no doubt, will be expanded greatly.

12. SPIRITUAL STATUS SCALE

SUPREME GOD – the supreme being of this universe.

GODS – beings who are totally free of the games being played. They can participate or not, whenever they choose.

PAN DETERMINED – beings who are rulers and managers because they can see both sides of anything, thus, they have superior resolving abilities for the situations of the lives of themselves and others.

SELF DETERMINED – beings, who can set themselves on a course of action and follow through to complete it competently. Self-starters, competent individuals, true to their goals.

OTHER DETERMINED – beings, who need orders. They do well if guided well. They lose sight of their goals, if the goals are not maintained for them, by others. Demagogues can slip these beings some enmest goals and entheta goals and thus degrade and destroy them. These beings can go in either direction, good or evil, depending on others. A constant flow of high goals and uplifting aesthetics will keep these beings rescued until they can go OT.

CRIMINAL – other determined - compulsively individuated being who refuses to follow theta goals. Criminals insist on producing enmest and entheta as their life's exchange product.

THEETY WHEETY – a softy degrado generally with psychic perception, who compulsively denies that evil exists.

DEMAGOGUE – a suppressive who lives, by restimulating others to degrade themselves down this scale, or restimulates others to commit criminal acts. The demagogue seems to be pan-determined but he operates on bank agreement. He has the skill of aligning with someone else's Bank, not their Theta.

IMPLANTER – a more dangerous suppressor, who lives by creating more bank and more buttons for a Demagogue to manipulate. The implanter is typically a shrink or a torturer and a murderer.

BEAMER – a 4D gloater in a rubber turd.

BLACK MAGICIAN - An evil sorcerer drawing power from blood sacrifices. He typically says the Lord's Prayer backwards. Ostrich Scio OTs kept lying for years. They said that there were no such things as out ethics OTs. Impossible, they said. Oh yes, there are out ethics OTs, lots of

them. They can and do kick Scio ass all over the planet. They have been around a lot longer than the Scios have.
DEVIL – the supreme psychotic OT, a being totally dedicated to his evil purposes.

Planet earth is designed so that this scale stays inverted. The Black Sorcerer typically considers himself to be a lesser God. The Devil considers himself to be God.

It is death to a Scio Org to allow inversion of any point of this scale. To insist that a self-determined being be supervised, by an other-determined being is to engineer massive injustices. No self-starter, self-determined being should have to take enforced orders from a degrado other determined being. Guard yourself and others against this crime.

This scale shows who are the true managers and who are the true serfs, and lower. Promote management according to the SPIRITUAL STATUS SCALE, and you will win.

A spiritual prince or princess, are still royalty even without training. Royal beings should pick up know how very fast. An inexperienced prince may be working as a lowly deck hand, but those around him know he is destined for great things. There is a mutual exchange of respect. Decades later, fellow deck hands will be invited to the prince's garden parties, as dear friends.

Earth society runs on inversions of the Spiritual Status Scale. The negative side of the scale mimics the positive side. Demons mimic Gods so well that you cannot distinguish them by their appearances nor by their words.

13.WHAT THE 4D SUPPRESSIVE WANTS IS A COMPLETELY BANK-MANIPULATED SOCIETY

A 4D suppressor goal is to set up a complete Social Status Scale which is perfect injustice to the Spiritual Awareness Scale. The higher one's spiritual status, the lower one's social status so that degradation and control is achieved. Theta OTs, would, of course be consigned to everlasting social degradation. In practice, that is not exactly how it turns out. A great artist, or skilled manager etc might be able to rise if he were to serve his suppressive masters well, and did not rock the boat with concerns about ethics. In other words, if he remained a subservient physically ill robot, he would be considered okay. Very degraded, and sick individuals also form a high stratum because they are kept alive at fantastic socialistic expense, so they are a sort of artificial high class, because the cost of keeping them can be higher than the salaries of high executives. Treatment in intensive care wards, and mental hospitals, for example, can cost fortunes, paid for by governments. Another artificially high society is bums, like abstract artists who live very well on government grants but could never sell their so-called art to the general public.

The symbolic diagram for ultimate 4D suppression might be the ancient symbol of two equilateral triangles pointed upward, superimposed on two triangles pointed downward.

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14. A DEFINITION FOR CLEARED PLANET

A cleared planet is a 4th Dynamic phenomenon. No planet will be entirely inhabited by 1D Clears for perhaps thousands of years. Trillions of BTs need to be audited up to having their own bodies, and being people. That will take a while.

We can define a cleared planet in 4D terms as a world without social inversion, which means, the biggest thetan should probably be persuaded to play God, and work it out from there on down the scale. When spiritual status equals social status all around the world, then you have a cleared planet. This situation can only occur when a sufficient number are auditing on the 3rd and 4th dynamics, and the admin scales are in.

15. FOURTH DYNAMIC PROCESSES

Due to limited experience with the 4th Dynamic bank, there are only a few processes available at this time. One good thing is that the new 4th Dynamic Grade III, is a vast improvement on the NOTS currently audited in the C of S. Most of the gains on NOTS probably came from running out the buttons, which turned up in session, rather than the NOTS process itself.

Our Techno OTs can probably fill in a lot of the blanks of the new 4D engram grade chart without too much trouble.

16. 4D AND 2D COMPULSIVE TELEPATHY

Some intentions (often aberrated sexual ones) are compulsively talked about on a telepathic comm line.

Get the message, (Usually verbal).

Imbue some nearby mest object with the voice of the message.

Have the voice repeat the message speaking as the mest object. The identity of the speaker will become clear.

Hold the imbuement in place, and keep listening to the message. The speaker will contact, and run out the engram (Usually electronic), which causes the compulsive communication. The engram will run out very quickly.

17. 4D AND 2D FLOWS PROCESS – a lot of 2D fantasies and sensations are not yours but those of your BTs.

Get a flow of mentally caused sexual sensation.

Spot a pressure, which accompanies the sensation.
Note the subject, which restimulates that sensation.
Hold the BT location with finger pressure, or plucking pressure.
Get the source of the admiration particles.
Run earlier similar incidents of experiencing sexual sensation.regarding that subject until you spot the BT in Incident 2.
Blow the BT.

Some BTs are stuck in an admiration engram. View the source of admiration (thetan) during the BT's engram, and the BT will instantly blow.

18. FOURTH DYNAMIC GRADE III

This process can probably be audited after you achieve3D Grade III release, and Counter Effort Engram release. It runs 4D engrams, BTs CLs, and BSTs.

Do the Expanded Gita list just like it says in Creation of Human Ability, and run the engrams, which appear when you flow the CDEINRs. You will encounter all kinds of entities energized, and activated by your ongoing engram erasure. There will be BTs, CLs, black static thetans, targs, you name it. Blow the critters with the appropriate OT 7 formulas, then get back to running your engram each time. Finally you will clear the engram. The engram was what was holding all those entities to you. This is fast and permanent OT3 and OT7. Engram erasure equals no relapse of entity infestation.

18. FOURTH DYNAMIC GRADE IV

Flow wrongness i.e. the attitude that someone is wrong, and get the somatic, and erase it. There are countless ways of flowing wrongness.

19. FOURTH DYNAMIC GRADE VII- RIDGE RUNNING WITH BLACK AND WHITE

This technology is very well explained in Creation of Human Ability and further in Scientology 8-8008, etc. You flow at a given area and a ridge shows up. Confront the ridge, and flow toward it, or inflow from it, so that it turns white. Soon it will go blazing white, and you will typically observe some heavy electronic engram running out. Switch flow directions when needed to keep it white. It will flatten very quickly. LRH said some beings dream in colour, and these cannot run black and white. I do not know about that. I dream in colour. For me, these engrams run in all three, black, white, and colour, all at the same time.

It appears that all 3D processes can be adapted to be activated with various kinds of flows, thereby making them into 4D processes. That needs to be investigated and the research needs to be done soon.

20. FOURTH DYNAMIC SUPPRESSION

After you have audited the 4th Dynamic for a while, it is assumed that you will become aware of how the suppression works in this Dynamic. At this time, the author has outlined what should be a sufficient portion of the solution. One very expensive temporary solution was done, by Jesus, letting him self get crucified. Even if one could pull off a resurrection, that would be a very clumsy and painful solution, not likely to succeed at this time.

One would begin by processing those beings highest on the spiritual awareness scale. They are the ones most threatened with being sacrificed.

4th Dynamic engrams did not end with the wall of fire. They are occurring today. Their purpose is to further feed power to suppressive sorcerers. We need to apply 4D auditing directly to Earthly disasters, and looming disasters. An auditor should be able to unmock 4D engrams before they can be made to occur.

Whereas you looked for Gloaters behind 3rd Dynamic suppression, when it comes to 4th Dynamic suppression, you look for Beamers operating conspiracies, cults, sorceries and secret bases even below the surface, and off the planet. Very little has ever been done about the thousands of 4D conspiracies on Earth. Perhaps eighty five percent of man's effort is misdirected to feed these criminal conspiracies. You may speculate and calculate how much wealth and free time the average citizen would have if he had control of one hundred percent of his personal productivity. What if all the scam businesses on main street were replaced with genuine services, if there was no crime, if the car never wore out, if there were no medical expenses, if college took twelve weeks instead of four years, if the crops produced six times as much, if energy was free and in unlimited quantity, if building material cost next to nothing.

4D criminal cults have long prosperous histories, which typically span hundreds, or thousands of years. If you want financial security, personal safety, a high education, social status, and so on, and on, join one of the many conspiracies. It is not hard to find an entrance point when you are smart enough to calculate how they gain their wealth, and how they protect themselves so successfully.

The chances of 4D criminals being caught and punished are slim to none. It may be highly dangerous not to belong so some conspiracy or other. It will be many times harder to get the pretty girl and the good paying job. 4D aberration permeates from the top, right down through the lowest strata of societies.

CHAPTER 17.
TYPICAL FOURTH DYNAMIC SCAMS

1. THE NO RESPONSIBILITY SCAM

World famous environmentalist, David Suzuki, approached a president of the United States with an issue. There were several forms of industrial pollution, which, if continued unchecked, would soon depopulate large segments of the world. There were valid, inexpensive solutions suggested. The president said the points were indeed valid, and a large portion of the population would soon sicken and begin dying off, but he could do nothing about it. He said someone must organize a pressure group of thirty million or so to impress Congress enough to consider the issues. What a crock of crackers. David Suzuki fell for the insane computation, and said that he was so very happy to learn the real rules of the game. He would do his duty, and organize an environmental pressure group as required.

If I could organize a pressure group of thirty million in my spare time, I would be President. The President was elected because he convinced millions of people that he could do something.

The same scam is pulled by every Member of Parliament these days. “What is your pressure group? If you do not have one, I cannot help you.”

If a ruler cannot rule, then he is not a ruler. If a government cannot govern, it is not a government. The worldwide use of the no-responsibility scam proves that the elected governments have all been dead for some time.

The other side of this coin is when a government knowingly introduces and passes a highly unpopular bill. Then a prime minister declares he has a mandate to govern for a certain time, and must behave in certain ways. He is again serving covert interests, not the will of the people. One day, he says he needs a pressure group to motivate him to act. The next day, he says, he has a mandate to act despite opposing the will of the people. What crap.

2. THE FALSE SCIENCE.SCAM

.A patient says that he took a certain herb, and it cured ailment X., because he plainly sees that the ailment is gone. Not true, false science, says the doctor. The medical doctor lives by telling you that you cannot see what is in front of your face; and that is why you need a doctor to tell you things. The medical doctor himself can no longer see what is in front of his face. He is so brainwashed that he sees only what he is told is there to be seen, and that learning method is the grandaddy of false sciences. His medical textbooks, of course, tell him what is there to be seen. He learned what was in his textbooks by seeing them in front of his face, just like anyone else, but do not tell him that. Massive Money Motivation (The 3M problem) makes reasonable discussion impossible.

3. DISCRIMINATORY SUBSIDIES SCAM

Governments subsidize big corporate farms like crazy, but scarcely subsidize small farms at all.

4. THE SQUARE GRID ROAD SCAM

The square grid road pattern was suppressively imposed thousands of years ago, by psychotic, and evil rulers, to make citizens easier to manipulate. City councils are neither gods, nor geniuses. They are collections of scared fools with unreasonable, brutal authority, and no science of management. When you direct traffic at right angles to itself, it automatically congests itself. That makes an automatic limitation on growth, and production, and that equals a prison.

Non-suppressive town layouts can be designed. Living bodies have correctly solved the communication system patterns for every body organ, from single cell size, on up. Every individual body cell has efficient access to every body service, without excessive travel. Body organs, and their communication connections are three dimensional communication solutions. You will never find a square grid communication pattern anywhere in biological life. Okay. The spider web is a grid pattern, but that is a trap, isn't it?

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5. ROAD BLOCKING SCAM

A city goes on a program of blocking thousands of collateral roads on the pretext that traffic flow is bad for this neighborhood, and bad for that neighborhood. All the remaining roads get horribly congested. Then, the city is thrown into massive debt to pay for giant freeways and interchanges. Road builder contractors are behind the scam so that they can get fat construction contracts. Taxes double. I notice that most of these roadbuilders are based in Germany.

6. ZONING BYLAW SCAM

The reason why people came in off the farms was for easy access to schools, jobs, services, and amenities. The natural economic advantage of closeness has been suppressively reversed. Criminal city planners demand that residences, businesses, schools, factories, and parks, must all be separated, by large distances. A city resident now spends far more time travelling for necessities than does the average farmer. All travel in cities, is not directed for the convenience of the individual. It is directed to feed people, and resources to big schools, big factories, and big business. The individual feels that he does not count, and he is right. It is a favourite lie that bigger schools give better quality education. It is also a favourite lie that big business is more efficient than small business. Given equal opportunity, small schools far surpass large schools in educational quality, and small business can easily surpass big business, in both service, and profitability.

Virtually every city management has a sweet corruption scheme whereby they sell perfectly protected business opportunities to insiders,

and cut the throats of lonely independent businesses. Cities imposed the idea of zoning bylaws in order to sterilize entire neighborhoods against small business, in return for heavy bribes. They helped big corporate monopolies to set up the only stores in each area. That way, big business monopolies now own the customers in a given neighborhood, as a captive market.

7. THE AMALGAMATION SCAM

Suppressives like to amalgamate small towns, into a big town. They also like to do it with little schools, little businesses, little sports clubs, etc. The scam here is that when a small town becomes part of the big town, it loses its power to govern itself. Suppressives simply want to take away everyone's ability to participate in government in any way, so that they can bleed the defenseless town folk. They simply make the government communication lines inaccessible to ordinary citizens.. They throw in a puppet city council and thus hold the bamboozled citizens at their mercy. When you find that your government is too big to listen to you, it is time to dismantle major parts of that government.

8. SCARCITY SCAM

Fascist governments operate by denying everyone the right to do business, by year after year passing more and more oppressive bylaws higher fees and more licensing procedures. Then they subsidize some conglomerate to set up a giant office to do that business which they kept everyone else from doing. The new giant business thrives like crazy because it has a monopoly.

9. BUSINESS COMPETITION SCAM

Small business is told to compete, while big businesses conspire. Soon, small business vanishes.

10. THE TAX WRITE-OFF SCAM

A big organization typically runs both profit-making businesses, and money-losing businesses. The money losing businesses are a tax write-off. It seems odd that someone would intentionally operate a money-losing business, but consider it in terms of destroying competition. Normal businesses must make a profit in order to survive. A businesses, which does not need to make a profit is able to undercut on all competitive prices, and is thereby is able to destroy its competition. No talent is required to lose money in business. After all the little guys are bankrupt, the fat-cat money-losing businesses take advantage of their monopoly, by raising their prices sky-high. That way, the taxpayer subsidizes the demise of free enterprise, and causes inflated prices for the goods, and products he buys.

11.THE INCURABLE DISEASE SCAM

Billions of dollars, from charity, and government grants, are given every year for phony research, into supposedly incurable diseases.

Master herbalist, and rebel medical doctor, John R. Christopher correctly announces at all his lectures to new public, that there is no such thing as an incurable disease. Investigation of natural healing technologies shows that there are, not only cheap natural cures for every disease, the cures for any given disease are many. Engram erasure, and other auditing makes that even more true.

Propaganda machines, of fantastic power feed the incurable disease scams. Corrupt opinions of medical researchers, regarding these diseases, are hailed as sacred truths.

It is easy to gain familiarity with a several natural healing, and nutrition systems, and apply them to your life so that you never need a doctor, except for injuries. Diverse natural healing systems, surprisingly, never compete with each other. They get better results when they work together. The wealthy, psychotic, belligerent bully of the healing community is the medico.

12. DISCRIMINATORY PRICING SCAM

Small businesses get charged a whole swack more for wholesale goods, thereby subsidizing discounts for big business. Coca Cola charges about four to eight times more for a canister of fountain Coke for a small business, thereby putting the little momma and poppa corner stores out of business. Small contractors unwillingly subsidize big developers because they are forced to buy building materials at an unreasonable markup.

13. MAFIA SCAM

There are three steps to this scam

Step one is to get the government to officially declare some common life activity to be criminal, such as drinking, prostitution etc. That takes these businesses out of the reach of ethical guidance, and into the control of the underworld, i.e. you must now be crook to do business in these areas.

Step two is to bribe both the police, and politicians to not act against the Mafia.

Step three is to attack, and milk the undefended public.

When someone tries to report corruption, he must go to the police, and the police refuse to act, and in worse instances, attack the whistle blower. If a whistle-blower is assassinated, by a Mafia thug, the police look the other way.

Whenever organized crime settles into an area, you immediately throw out senior police management, and their favourite lower ranked boys and replace them with honest men.

14. WASTE OF RESOURCES SCAM

A government finds the people are becoming prosperous, and as a result, are developing their culture. They start asking for more freedom, and better government. The government decrees that all possible national resources must be used to build a pyramid, or some other useless

monument. The nation, now struggling to feed its families, has no leisure time to think and study. Culture is no longer a threat to government.

The so-called social chaos of the l960's was governments attacking hundreds of gentle, civilized reform movements, made possible by rising international prosperity. The people were simply not rioting. Nobody was violent. People fought back by throwing flowers, and blowing kisses at government thugs armed with rifles clubs, and teargas.

The black riots in the US were the other way round. Government agents kept inciting and demanding riot. Other agents, and officials firmly blocked any civil forces from bringing order, while Detroit and Los Angeles burned.

The Viet Nam war occurred because the US government wanted to decrease personal wages by imposing war costs. They also wanted to kill off peaceful dissidents in intentionally mismanaged battles. They drafted any young men they did not like, and had them killed off.

In Vietnam, a firebase was another name for a slaughterhouse. At firebases, young US soldiers were dumped in an open area without the appropriate timbers and mining equipment to dig in for protection. Viet cong artillery just kept killing them, by scores, day after day. Other soldiers were ordered to walk along the tops of dikes in rice paddies, in plain view of enemy machine guns, supposedly to make the Viet Cong think that they were protected by air cover. The Viet Cong had sophisticated air traffic monitoring systems, but they also had deep tunnels in the hillsides for bomb shelter. They did not care whether there was air cover or not. They just mowed the Yankee boys down. Another murder scam was to send the boys in high-powered small boats up the Mekong river while the enemy had 50 calibre machine guns posted along the banks. The boats were supposed to do a swerving dance to try to evade the machine gun bullets. Outmaneuver machine guns in a speedboat? Gimme a break.

15. THE CHILD PSYCHOLOGY SCAM

Back in the days when Psychologists still had children, (They are mostly neutered these days, by either surgery, or by environmental toxins.), psychologists had a well deserved reputation for raising the most horribly out of control, psychopathic children the planet has ever known. These idiots teach course after course on child psychology, never concerned in the least that their product is hostile, screaming, uncoooperative children.

The Psychological technique of manipulation by reward and punishment deteriorates into various sick scenes, such as the child being slapped all day for endlessly resisting, and disobeying, or the poor parent walking around with a pocket full of candy, bribing the child, every few minutes, ruining teeth, and health.

Psychologists, thanks to lavish grants from suppressive governments, and Illuminati cults became the great official authorities on child raising, teaching their destructive lies.

Verbal control for uncooperative children is just plain ineffective, and negotiation is just plain stupid, but there is a simple secret to the problem. LRH gave us the solution, but few cognited.

Here is CHILD PSYCHOLOGY, TAUGHT IN A FEW SECONDS, to those who know what CCHs are about. Take the uncooperative child by the hand, and make him physically do what you have ordered. End of course. You should now be given a final exam, and a big certificate, because you now know more than any child Psychologist on the planet.

Okay, so things can happen when you apply non-verbal control. This technique very quickly goes over into therapy. Many children will explode, and cry murder when they are controlled gently by hand. That is not a problem. Run CCHs on them until they become quiet, and sane. CCHs consist of a lot more of that same act of taking a child by the hand, and kindly making him do a few things that are ordered. This is kept up, until things quiet down.

Many people actually believe that they will go into physical pain if they ever obey an order. That is psychotic, of course, but you cannot resolve that psychosis with any amount of Psychological counselling because the computation is sub-verbal. The kid, when given enough good non-verbal control, will always cognite that it does not hurt to obey an order. Surprise. Surprise. It usually takes only a few hours at most, to produce half a lifetime of pleasant family relationships.

16. THE HOMOGENEITY SCAM

Public school and high school can be hell because individuals are not allowed to sort themselves out to be among their own kind. (beings, with similar ethics level, and spiritual level) Suppressive bullies and criminal children are kept in classrooms with a plentiful supply of victims. Discipline is forbidden. Thieves are protected. Only self-protection, and heroism is punished. Victims are drugged into further docility. People are not equal, never were. Que bonum? The homogeneity is demanded by the worthless cult of school psychologists, and psychiatrists. Now, they have kids with lots of social problems, which they can pretend to help. Before they decided to keep criminals in all the classrooms, nobody would talk to a school psychologist.

17. WILHELM WUNDT WAS HIRED BY THE CRIMINAL, OTTO VON BISMARCK TO DEVELOP THE FALSE SUBJECT, CALLED PSYCHOLOGY.

Bismarck was a body snatcher, and a black magician of terrific power. He also had an insane hatred against all mankind. Bismark wanted to increase the powers of his black magic cults, by tricking the majority of western civilization into believing that spirituality, and magic never existed. Now, that would give him quite an advantage.

The basic lie of psychology is the claim that consciousness is nothing but chemical automaticies, going stimulus-response, stimulus-response, and there is no such thing as a spirit running a body, and

therefore no such thing as God. If you think that you are nothing but a bunch of chemicals, you will never know which way to turn, to develop your spiritual awareness, and will never even try.
BISMARK, THE BLACK MAGICIAN, WANTED A MONOPOLY ON MAGIC.

BISMARK HIRED CARL MARX TO WRITE DAS KAPITAL TO JUSTIFY SEIZURE OF ALL PERSONAL PROPERTY BELONGING TO FREE CITIZENS, BUT NOT THE PROPERTY OF THE RUSSIAN FAT CATS.

When the Commies came into existence, in Russia, they displaced almost none of the White Russian princes who owned all the factories. They brutally grabbed all the farmlands, possessions, and homes of every free Russian citizen. That way, they could enslave the entire nation, while lying to them, about, how it was all for their own good. Communism was nothing but a new brand of slavery intended to replace a dying feudalism.

18. THE PSYCHIATRY SCAM

The technology of psychiatry is an insane brutality, pretending to be a very refined, high mental technology. If you make a person sick enough, then they will be quiet. If you poison a body with drugs, then you can numb various spiritually caused pains. Psychiatric technology consists of poisonous drugs, and physical injuries applied long enough to achieve the desired level of quietness. So-called Psychiatric cures occur because an individual is so badly injured, (often without his knowing it) that his mind is off his former troubles. Any poisoner, and torturer can get the same results as a Psychiatrist, after only a week of training.

19. THE HIPPY SCAM

The hippy could never have come into being in a fair exchange society. The hippy was created, bought and paid for by governments of the sixties, in order to further waste public resources, and degrade civilization with drugs, and unemployment. Both Western and European governments created handout systems so that anyone inclined to laziness never needed to work. Thus, hippy society came into being. The worthless hippy collected a government cheque every two weeks or so, otherwise he would have starved.

Short hair would never have gone out of style. The hippy let his hair grow long and never bothered to shave, because he did not need to be at work in the morning. He lived cheaply in free love colonies, with lots of drugs, and no responsibilities whatever. Hippy art was typically rubbish. Hippy craftsmanship was mostly hash pipes. The hippy musical hit parade was financed by big bucks because it promoted drugs as a way of life. The government would even raise his bastard children for him, and give free medical care. All this was done at the expense of the working stiff.

Society was fooled into thinking the hippy mob was maybe artists, and wisdom seeking individuals like you hear about in the songs. The hippy never did anything but harm society, and him self. When the unearned money is stopped, the hippy vanishes, like a puff of smoke.

20. THE SOCIAL MOVEMENTS SCAM

When the illuminati want to install some social change without being accused of forcing it on the people, they get governments, and foundations to quietly finance some hack writers, and get the media to publicize some so-called opinion leaders to promote some movement or other, pretending that it is just plain folks, grass roots idealism. It is all crappy manipulation. The feminist movement, the socialist movements, Indian insurrections, even supposed opposition to many movements, are all financed, controlled, and manipulated by hidden powers.

21. THE WELFARE SCAM

It is a lie that retarded, and crippled individuals cannot make an adequate living. They did just fine before governments were involved.
It is a lie that society has insufficient charity to care for the indigent, without government interference.
It is a lie that governments must tax the working stiff to do charity work.
It is a lie that government money, and food handouts keep beggars off the street. There are far more beggars now than before the handouts began.
It is true that governments, with suppressive laws, swept away countless forms of employment suitable for the retarded, and the crippled.
It is true that unemployment is caused and maintained by thousands of suppressive laws against earning an honest livelihood in countless ways.
It is true that government oppression is almost the sole cause of indigence. Another main cause is beings willfully choosing an indigent lifesyle, which is their privilege, so long as they keep their ethics in.
Charity work is not disaster relief. In times of war, fire, earthquake, or flood, disaster relief is required briefly to bring rescue, and save lives, then it quickly ends because it is not needed in normal times.

If the suppressive laws were repealed, the retarded, and the crippled could once again succeed with pride, doing gainful employment.

Before governments brutally took over charity work, people did not starve, and they will not starve after governments cease doing charity work, so long as the freedom to work is not destroyed, and oppressed by psychotic laws.

22. TEACHERS ARE ENEMIES OF EDUCATION. THIS IS THE PUBLIC EDUCATION SCAM.

We see that phonics has been slowly returning to schools after having been banned for nearly a hundred years. Phonics is a system to teach kids to read in seven weeks, and the public schools use the sight reading system to teach students to read in in seven years, and not as well. Our elementary school teachers are proud of themselves. Can you believe

it? I mean can you believe it? What drugs are those teachers taking? I want some of those.

23. THE PATENT OFFICE SCAM

Patent offices exist to help enforce monopolies on the right to manufacture goods, and to suppress inventors, so that our society will remain inefficient, and semi-primitive. They make it nearly impossible to patent a good invention successfully, and they block any patent, which might threaten existing monopolies.

All patent offices have a rule that an invention must be shown to work. Patent offices worldwide have a second rule, which states that perpetual motion machines cannot be patented because they are impossible, and any free energy machine qualifies as a perpetual motion machine. Well, if the first rule is correct, then the second rule is not necessary, is it? The second rule is there because the patent offices know that free energy really is possible. Free energy is not only easy, to produce, there are a great variety of successful free energy devices. SUPERSTITIOUS PREJUDICED LIE: THAT ENERGY CAN NEITHER BE CREATED, NOR DESTROYED. Energy is produced by considerations. If you assemble the right considerations, you will create, or destroy energy every time.

Inventors beg and plead, trying to get patent officials to look at free energy machines. They cry out that their free energy machine has been working perfectly for many months. The inventor cannot get it through his thick, thick head, that the patent officer knows very damn well that the machine works. His job is merely to deny patents for such inventions. If the inventor looks like a fellow who might manufacture the free energy machine without a patent, the patent office will send his name to higher authority, who will use tricks, and secret agencies to bankrupt, and perhaps assassinate that inventor.

There were no experiments ever done to prove that energy cannot be created nor destroyed. The technology of thermodynamics does not prove such a law. Thermodynamics works only so long as no one sneakily creates or destroys energy in some system, so don't do it, for now, at least.

24. FORM SENIOR TO FUNCTION – THE SCAM

Property value is determined by how well it functions, not how well its form is regimented. Zoning bylaws enforce non-optimum forms for certain areas. Correct zoning is planning for optimum function, then let the forms develop as they may. One optimum function, for example, is for workers to live near their places of work, even near enough to watch over it during off hours. Near enough, not to waste time and money on commuting. If a worker is worth thirty dollars per hour, the cost of commuting, including time, and transportation expenses, is often sixty dollars per day. What a senseless waste of resources.

If you own your own business, you would probably prefer to live nearby, rather than hire security patrols at night. The residential designers

would start with that function in mind, then work out suitable forms of housing for workers.

The rule of function being the cause point, and form being the effect point must be carried through all community designs, for excellent results.

25. RESIDENCE AND PLOT SIZE SCAM.

When a young man marries, he is expected to have a job and is tricked into a thirty-year mortgage, which costs him seven years of his wages merely to pay off the interest to the bank. There are unjust laws that prohibit residences of less than 1000 square feet, and prohibit constructing a minimal size of home so that one is not enslaved by the banks.

A young man should be able to stay free of paying rent by buying and owning his first tiniest living space in his first few months of employment, perhaps no bigger than a broom closet, then, each time he saves more money, he buys a bigger and finer home.

In Japan, they developed such a style of minimal residential space for one or two people. It was a couple of boxes on wheels. The boxes had one side open. One box had a cot and storage for clothing and personal things. The other box was a portable kitchen. The two boxes could be locked together when the resident was away. When occupied, the boxes were separated, with the space between covered over by a heavy insulated tarp. The resident paid a few dollars per month to keep the home in a heated warehouse, but it was sturdy enough and warm enough for living in a back yard, or on the roof of some building. Moving was easy. One wheeled the boxes into a van, and drove away.

When a young couple marry, they could already own a tiny home, starting at perhaps 100 square feet. (Small homes are, of course, declared substandard by psychotic governments.) They would gradually expand their residential space and their land ownership as a family appeared and grew, thereby living free of rent and loans. This is called self-capitalization, a hateful idea to the Banker. Arbitrary housing codes were legally instituted on demands by the criminal Illuminati cults to make self-capitalization impractical.

There would be thousands more scams. We will need complete catalogues of these scams for 4D auditing lists. At this time, not a single one of these 4D scams has been undone. Scams typically continue until a civilization dies, and leaves a desert. All scams would be run by Beamers. Blowing Beamers will help ease scams, but the Beamer has done a lot of organizing work. Scam management must be deposed, and scam infrastructure must be thrown down.

SCIENTIFIC HOAXES ARE FED TO US BY MARKABIANS, AND ILLUMINATI AGENTS TO KEEP YOKEL EARTH TECHNOLOGY SUPPRESSED

THE POWERS THAT BE MADE MANY MEN FAMOUS SPECIFICALLY FOR THE PURPOSE OF SPREADING FALSE PRINCIPLES TO MISLEAD EARTH'S WEAK SCIENCES. WE MAY

SUSPECT THAT ALL THE FOLLOWING PSEUDOSCIENTISTS AND FALSE INTELLECTUALS WERE ILLUMINATI AGENTS.

26. JAMES JOYCE – THE FINNEGAN'S WAKE ACADEMIC SCAM – A preliminary example of how easily the academic mind is misled. James Joyce wrote this literary work, Finnegan's Wake, which has been massively interpreted and reinterpreted. Apparently no professor thought to ask Mr. Joyce what he meant when he wrote the piece. They say in all the universities in the land that no one really understands Finnegan's Wake. That is a lie. Finnegan's wake is simply a very ambiguous and complex bunch of sentences intended to confuse. In other words Joyce wrote something, which simply could not be understood. Thereby he ensnared professors of literature. The fools in academia say that someday they will figure it out. Their dignity refuses to be affronted with the fact that they have all been scammed. There is nothing to figure out. It's merely a confusion.

27.THE ALBERT EINSTEIN SCAM – Einstein did not dream up the atom bomb. Dozens of science fiction writers wrote about nuclear bombs and how they worked before Einstein did. Einstein was given false PR credit for motivating the Manhattan nuclear project, so that he could use the awesome authority to lie for the Reptilians. He used that "Conceiver of the Atom Bomb" mystique to saturate the subject of nuclear physics with false fixed ideas, as follows.
Lie: That the speed of light is the maximum possible speed in this universe.
Lie: That an object achieves infinite mass when its speed approaches that of the speed of light.
Lie: That no physical object can ever achieve full light speed.
Lie: That matter and energy are interchangeable.
Lie That E=M Csquared

Stolen formula: E=M Csquared. This formula does not calculate the energy of the atom bomb as claimed, and it does not calculate the energy produced by converting matter into energy. Sorry about that. Einstein stole the formula anyway.

The formula E=M Csquared was worked out hundreds of years ago by Isaac Newton, for an entirely different purpose. It is one of Newton's old physics formulas, which is taught today in high school physics, not nuclear physics. The Einstein version of the formula restates the ordinary Newtonian concept that if you accelerate a mass, say, a bullet up to the speed of light, then its energy could be calculated the same as you would calculate the energy of any accelerating object. No genius there at all.

Einstein's famous essay on his Theory of Relativity is a few pages, of gibberish, and nothing but gibberish. Gibberish is communication with meaningless words, and symbols. It was a hoax of complexity, with no glossary. Einstein's hoax would have been exposed on the first day, if

there had been a demand that all those goofy symbols be defined. Einstein's Theory of Relativity is the Finnegan's Wake of the Math Physics World.

One professor became famous because he was supposedly the only man who could understand Einstein. He lied. If he could understand Einstein, he could have explained Einstein to others. He was never able to do that, so we must assume that his unproven claim was just another hoax, on the other hand, maybe he understood all along, that Einstein too, was a hoax. Then he would have not been lying. You can still find copies of Einstein's fantastic work, on the Theory of Relativity. You can't make head or tail of any sentence in the whole thing. I'll tell you a secret. Neither could Einstein.

Einstein creates a document, which supposedly only one person in the entire world understands, and the only guy who supposedly understands aint talkin. Therefore nobody could apply, nor test this wonderful knowledge because nobody knows what it is. What kind of bullshit science is that? The goofball professors of all the physics departments in all the universities of the world call Einstein their genius, and their hero? The emperor has no clothes. Sorry about that.

Einstein stated that when an object accelerates, its mass increases. I must cry Bullshit again! He never did an experiment to prove that point. He was a showman, not a scientist. Einstein falsely claimed that an object, accelerating to near the speed of light, would gain near infinite mass, therefore it could never be pushed all the way to the speed of light because infinite mass is too much to push. That Einstein Hoax has lasted for about sixty years. The Reptilians bamboozled millions of Earth Scientists with it.

Supposedly, on authoritative Illuminati orders, all appropriate electronic formulas, and nuclear physics formulas were altered to incorporate Einstein's theories, but that is a lie. Every formula, which was altered to incorporate Einstein, was actually altered twice. A second unexplained numerical factor was always quietly placed into the formula to take Einstein's influence back out. Otherwise, the formulas would not work. Ask any engineer what second number means, and he will tell you the superstitious lie that it is a meaningless number. No civil engineer with a speck of sanity would multiply his quantities by a meaningless number, but engineers affected by Einstein do so quite happily. In other words, every formula which uses Einstein's theories definitely disproves those theories, but no scientist dares think that way. Einstein is higher than God, don't you know?

Einstein never did any experiments to prove his Theory of Relativity. Every now, and then, our totally manipulated press announces that some scientists are getting a hundred million dollars, or so, and one of the things they will do is test the Theory of Relativity. Then you never hear anything about it, because they dare not admit that they proved that sacred theory wrong, for the zillionth time.

All engineers, and physicists will state the superstition that faster than light space travel is impossible, and that the great Einstein proved it,

with with his Theory of Relativity. Yeah, sure. A theory is defined as a speculation. A theory is not a fact, and not a proof, but try to tell a physicist that. Professors have rightly earned the reputation of being whacko.

If Einstein was right, there would be no alien spaceships on, or near Earth. If Einstein was right, then research into faster than light space drives is pointless. The beings who would have most benefitted from such superstitions would be the criminal alien space races, who have infiltrated our governments, and gained financial monopoly over our planetary economy.

Lie: The law of conservation of energy. – This is partially clarified in the discussion of Scio axioms near the end of this book. There is free energy, but how to get it is still secret, or so they say.
Lie: The law of conservation of matter – engram auditing breaks that law.

28. CALCULUS – A SCAM SUBJECT
WILHELM LEIBNITZ, PARTIALLY CRIPPLED THE SUBJECT OF ENGINEERING MATH WITH HIS SPURIOUS DEVELOPMENT OF CALCULUS

It is very doubtful that Leibnitz derived the subject of Calculus using the formal logic in the proofs, which he gave. His logic was intentionally made impossible to follow. (Finnegan's Wake again) He says that you derive mathematical answers by examining a fraction made up of an infinitely small numerator over an infinitely small denominator. He lied. No one can examine, and compare an infinitely small anything. It was all a hoax and a mind screw. You get all your calculus data by examining visible measurements made with ordinary measuring devices, like rulers, clocks, and balance scales. Then, your answer after calculation is still a measurable perceivable quantity.

What Leibnitz must have done, was derive his calculations, using mathematics called Simultaneous Equations, and Systems of Equations, and then back-think his answers to develop formulas to be memorized by docile students. He turned Calculus into a robotic formula memorization subject. Every time you encounter a new type of mathematical expression with Calculus, you need to memorize another formula to deal with it. Any competent mathematician could calculate those answers without reference to Leibnitz's formulas at all.

Isaac Newton developed the same subject, very likely, before Leibnitz did. Newton explained the same math honestly, without using the robotic memorization scam, but the universities were directed by their evil masters to stay with Leibnitz, further cluttering the path of learning. That obscurantism was almost certainly Leibnitz's suppressive intention, because, if he had a heart, he would have bowed happily to Newton's simple, understandable work.

29. MICHAEL FARADAY WAS A CRIMINAL HOAXER, NOT A SCIENTIST. FARADAY'S JOB WAS TO OBSCURE THE FACT

THAT MAGNETISM IS THETA CONSIDERATION BY WHICH FERROUS METALLIC OBJECTS, AND MAGNETS MOVE BY THEMSELVES.

Humphrey Davey was the genius scientist who discovered many laws of electricity, and magnetism. Faraday was sent to guard Davey from discovering too much, and to re-interpret, and alter Davey's discoveries for public consumption. He was a professional squirrel, in other words.

Faraday's real mission was to confuse scientists so that Earth would not develop free energy, and space drive. Scientists are very easy to fool, but Faraday made fools of us all.

Faraday got the world thinking that magnetism is like little men who jump out of a magnet, and push, or pull. He got millions of gullible Scientists hallucinating, and pretending to count nonexistent "lines of force".

When you sprinkle iron filings over a piece of paper, and hold that paper over a bar magnet, then give it a tap, you see lines of iron filings. You do not see lines of force. Peepul, Peepul Pleeze Pleeze Wake up. (All those misspellings were to get you into present time.) Those lines you see are lines of iron filings. The so-called magnetic lines of force are imaginary. Get this. Iron filings Form REAL LINES. Magnetic lines of force are IMAGINARY LINES. It is not scientific at all to confuse reality with imagination, in fact, it is diagnosed as insanity. The text books can not tell the difference between what is real and what is imaginary. They state over and over again that this genius, Michael Faraday saw lines of force? NO. HE IMAGINED THEM.

It is impossible to count those lines of Iron filings anyway. There are quite a lot lines of filings near the ends of the bar magnet, then a little further away, there are fewer, then further away, there are a more lines than ever. You can't count something which changes number all the time. To solve that, Michael Faraday merely pretended to count his imaginary lines. First he imagined, then he pretended. What he must have done was use a spring scale of some sort to measure so many ounces of pull from a magnet. Then he changed the name of what he was measuring, and called it so many Gauss. He could have called it so many ounces of pull, and been more clear about it.

What Michael Faraday was so hypnotically hiding, obliterating, and obscuring was the observable observation that magnets and iron objects act exactly as if there is theta perception among them, and they also act as if magnets have theta postulates, and considerations to move toward or away from each other. All this occurs without eager little messengers running around between the magnetized objects. Objects do not have eyes. How else could they see each other except by theta. Yes, theta is imaginary, but we acknowledge that.

VECTORS OF MOTIVATION – that is a good name for measurements of magnetism. Both ferrous particles, and magnets themselves are imbued with motivation.

Michael Faraday did not want Earth People to know that there are observable, and measurable theta postulates working among magnetized

objects, because people might cognite that they are thetans, and that is very bad for global conquest.

When you start looking, you find theta postulates everywhere in electricity, magnetism, and nuclear physics. The size of the empty spaces between atoms is very similar in magnitude, to the spaces between stars in the sky. In a so-called solid object, there is trillions of times more empty space, than there is solid mass. Atoms in solids stay at very stable distances from each other, without little men reaching out through the vast empty spaces, holding them ridgidly. Only theta postulates can do that.

When you get planets revolving around the sun, there are no little gravitron particles running out to pull and cause gravity. Gravity is a behaviour of masses because of theta perception of proximity, plus a theta postulate of affinity between masses, and that motivates the attractions, and that is all merely considerations.

Do not try to convince a wog scientist of what you just read. He believes there is no Theta, and will treat you very badly.

30. THE MISSING LINK SCAMS

Every few years, some phony scientist proclaims that he has found another sub-human skeleton, which shows even more clearly, the lineage of man's evolutionary descent from his supposed "brother" the ape. The Piltdown man was not the only missing link hoax, which was exposed. Every so-called missing link skeleton is a clearly exposed hoax, and a few religious communities have taken the trouble to list how they all were hoaxes usually by slipping in a pig skull, or some other bone from a disrelated animal. The hoaxes now number about a dozen. Java Man, Peking Man, and so on. The academic community is so fraudulent that despite worldwide exposure, they still continue to present these faked bone collections as proof of their beloved theory of evolution. The communication lines are so thwarted that no on can muster the sufficient media force, nor legal force to bring these academic criminals to worldwide denunciation, nor justice.

31. ARISTOTLE'S SCAM

Aristotle was not the popular thinker of his day. Pythagoras, who lived near that time, was murdered, along with all his top scholars, because he WAS a clear, and popular thinker. Aristotle's teachings were enforced for two thousand years by the criminally controlled universities. His teachings were so patently absurd that Aristotle must be labelled suppressive.

Per Clive Whittaker, Aristotellian Syllogistic Logic is a piece of bunk designed to make sure people can't be logical, or think, and that gets thumbs up from the powers that be.

32. MARSHAL MACLUHAN'S "GLOBAL VILLAGE" SCAM – WHAT IT REALLY MEANS.

Marshal Macluhan stated that we now live in a global village. If your home neighborhood consisted of millions of people, then neither

you, nor any individual would count for anything. You would be as insignificant as a bug, or a herd animal. You could never cause an effect on society, and if you vanished, it would not matter one bit. So the only thing that counts is masses of millions of people. What a put-down. What a lie. What an attack on freedom, and human rights. An individual always counts, and an individual will always be important. The antithesis to Marshall Macluhan is the statement, "The most dangerous thing in the world is a man with an idea." Grrrr!

33. WHAT MARSHAL MACLUHAN MEANT BY "THE MEDIUM IS THE MESSAGE." AND "THE WHEEL IS AN EXTENSION OF THE FOOT."

He was saying that a communication is really just an object, which triggers a mechanism, burp, splat. No one there. If the medium is the message, there is no understanding, and no such thing as personal consciousness. Macluhan was covertly stating that there is no thetan there, only the material world exists, and there is no such thing as theta.

So how did Macluhan get so famous with such a bizarre, sick philosophy? One might guess that he got a comm line in to some Illuminati One World Cult. They would have flowed him a great deal of support, both financial, and moral. He would have been well paid for his contribution to the degradation of humanity, if only by being granted a secure professorship.

34. A PSYCHOLOGIST COMPUTES TO GIVE HIMSELF AN INCOME

A bad kid terrorizes a neighborhood, but no one is allowed to stop him. A Psychologist announces that the kid is not bad. He is just misunderstood. Then the psychologist interviews the kid, says he understands the kid, and nets himself a nice income doing counselling. Of course, the kid never changes. The truth is that bad does not equal misunderstood. Bad is out ethics. Another truth is that one cannot understand an insanity, certainly no psychologist can understand an insanity. Another truth is that the psychologist did not earn his pay cheque. The last truth is that he will not refund the money when his counseling fails.

35. THE ECONOMICS SCAM- A SUPERSTITION CLAIMING TO BE A SCIENCE.

Economics professors traditionally begin their introductory course with the statement, "Welcome to the Dismal Science." There has never been a successful experiment in history to test any academic economic theory therefore Economics is not Science. No academic economic theory has ever proven of value. We do not need a professor to tell us that prices go up when something is in short supply. The entire subject is an irresponsible hoax.

36. BIOLOGY, A SUBJECT WITH A NUMBER OF MAJOR HOAXES

A bio-genetic field is a 5th Dynamic mind, consisting of trillions of postulates intended to give form to a body so that it will serve various postulated functions, and also to run that body biologically. A biogenetic field is a 5th Dynamic theta field. Biologists falsely claim that biological life is nothing but complex, automatic chemical activity.

Linnaeus, the father of modern biology pulled a suppressive trick on the entire subject of biology. He postulated that structure determines biological function. That way, he could falsely claim that there was no spirituality involved in biology.

The truth is that theta postulates some biological function or other. Function then determines structure, but you need Thetans to make postulates, so Biology professors could not think that way, being forced, as they are, to deny spirituality.

Some theta awareness decides it wants an organism to function in a certain way, then that awareness postulates a structure, which serves that function.

37. CHARLES DARWIN DEBUNKED – THE THEORY OF EVOLUTION SCAM

Charles Darwin was hired by the master criminal, Otto Von Bismark, to promote the Theory of Natural Selection as the primary principle of evolution, for two reasons.

1. Lie that life forms evolved their shapes by random events, not theta postulates. The astronomical improbability of a single genetic improvement by that means makes it such a joke. Any single animal with a random genetic improvement would, by this theory, be loaded with a million or so genetic deteriorations, at the same time. There is no little man in the genes saying. let us have one single genetic change in this one area, and hold a trillion other genes in this body from mutating during the same time period.
2. Lie that mass die offs and mass murder were justified because they forwarded Natural Selection, and therefore improve a race, instead of theta postulates improving a race, or a species.

The much more workable theory is that a spiritual being decided on a purpose, then developed a life form to carry out that purpose. This has been proven workable, for example, by biologists breeding new moulds for industrial purposes, flavouring, etc. Brainwashed biologists falsely claim that you cannot teach biology today without teaching evolution. The truth is that if one looked to theta as cause, and life forms as creations of theta beings, the entire subject of Biology would be simplified, and much more effective. .

38. ARCHITECTS – POMPOUS WORTHLESS PEOPLE (AN OPINION).

ARCHITECTURE SCAMS

What does an architect do when he wants an idea drawn up? He calls a Draughtsman. It has been perhaps a century, since Architects were working technicians. What does the Draughtsman do for the Architect? The Draughtsman copies the details of the plans from engineering

manuals. Those manuals contain the specifications and the standardized patterns, which may be applied to the plan in mind. One does not even need to think, just copy the pictures. That is all that the professionals do anyway. If you want the plumbing layout for a skyscraper, just get the pictures from the right manuals. (They are all on cheap computer disks nowadays.) Many untrained people make their own construction blueprints on the kitchen table, then pay the construction engineering technologist eighty dollars for his stamp of approval. So who needs the architect?

The Architect's bill nearly doubles the price of many buildings. The Architect never needs to draw, nor design a thing. He is an expensive fake frill. The Architect has no creative credentials, none. If one always hired high-toned creative Draughtsmen, Construction Engineering Technologists, and Engineers instead of Architects, one could expect consistently better creative, artistic results for less than one tenth the price. The cost savings would be fantastic.

Many draughtsmen, in their spare time, create the most beautiful designs for cities, palaces, stadiums, and so on, but their work is never accepted because the Architect has bank dramatization on his side. Per the Wall of Fire implant, the Architect is the senior Authority on building design.

There is no reason ever to assume that one will get a job done better if one hires an Architect. One should always go directly to the Draughtsman. There is usually no law that says one must hire an architect. That is bullshit. The laws demand an architect in the first sentence, but in the next sentence, they always leave an opening for the more real experts. Professional builders know this.

One gets an interesting confrontation with these idiot Architects, when one rejects the idea that they are worth anything. Such theatrics. Such illogics. So many false generalities. You should catch that crap on your video camera, for some fun. Their favourite saying, "The Architect does so much more than all these other people." then they never tell one single thing that the Architect does that the lower paid technicians do not do, as well, or better. The only true expertise of an Architect is self-promotion at very posh cocktail parties. (an opinion)

39.WHAT THE UNIVERSITIES ARE REALLY FOR – THE UNIVERSITY SCAM

The function of the university has been, for thousands of years, and still is, to teach, and enforce superstitions currently used to manipulate Earth societies. The work of associated legal authorities, would be to more viciously enforce those superstitions on da masses. The universities pretend that Galileo, Copernicus, Harvey and Socrates are their heroes. That is false. The universities killed, or damn near killed these men, and wanted to. The universities falsely claim to be the brave seekers of truth. They have always been enemies of truth. They have always demanded an unholy monopoly on the right to fixate what is true

and what is not. All workable technology can be taught at technical schools, not universities.

Intelligent people have always believed that the earth was round, and that the earth revolved around the sun. Universities taught the flat earth dogma for a thousand years, to inhibit exploration. It costs a lot of money to build, and supply an exploratory vessel. Criticism by Authorities, from the great schools, inhibited finance very easily.

The subject of Alchemy, partly spiritual, and partly physically oriented, was not concerned with transmuting lead into gold at all. University professors developed such tales to unjustly discredit Alchemy. Two or three foolish alchemists out of tens of thousands, may indeed have indeed attempted physical transmutation of lead to gold. So what?

Every single university department is tainted with lie after major lie. Scios are aware of many of the lies. Innumerable false teachers were sent to mislead the universities. The professors themselves are degraded to such an unethical state that they teach lies, not accidentally, but intentionally. Proving them wrong, and showing them the truth never changes them one bit. Countless unsuspecting students submit corrective suggestions to their professors every year with not the slightest effect. Professors are almost never in the business of improving their subject. They are in the business of expanding, and imposing their subject. Changes in a curriculum are only ordered from very high, untouchable echelons, and then, only for manipulative purposes. Any province, or state, which chose to fully reform its education system would be either invaded, or nuked.

A Scio, upon reviewing and analyzing his education, discovers that the bulk of it either was full of lies, or was useless, and all the useful stuff was taught with aberrated teaching methods, so as to horribly lessen its value.

Even the departments of Literature are laden with propaganda masquerading as literature. Every university student must read “Catcher in the Rye”, and “A Streetcar Named Desire”. These cheap stories are required reading because they imply that Psychiatry is a not unwelcome part of western society. Psychiatry – a normal part of life? Not ever likely.

The implication of “Lord of the Flies” is that religion is superstitious interpretation of some misunderstood event. Unable to debunk religion, the author implied that it was a non-sensible subject.

The implication of “Great expectations” is that everything good or bad, which happens is out of the man’s control.

There must be a catalogue naming the false wise men of our culture, and debunking the major lies they imbued into every profession. The list is too long to fit here. The universities could be nicely debunked in a book of several hundred pages. Such a project would improve the sanity of many millions.

40. THE NO-SCIENTIFIC-EVIDENCE SCAM

THERE IS ALMOST ALWAYS CRIMINAL INTENT, HIDDEN SOMEWHERE, WHEN SOME AUTHORITY DECLARES, "THERE IS NO SCIENTIFIC EVIDENCE FOR SOMETHING."

Only well-financed, politically connected professional liars are ever allowed to make a statement that there is no scientific evidence, or even that there is scientific evidence, for that matter. Our scientists and authorities do not even have a decent working definition of what the word "Scientific evidence" means, so you can be certain of three things:

1. If they say there is no scientific evidence for something, then spreading that knowledge would reduce some fat cat's income..
2. If they say there is no scientific evidence for something, there almost certainly is a great deal of true, valid, and scientific evidence, which they refuse to even look at, and boy, have our so-called scientific community ever got big blinders on.
3. If they say there is no scientific evidence for something, they are almost certainly suppressing a scandalous, incriminating network of their own lies.
4. There is certainly no scientific evidence that our medical research community for example has enough integrity to proclaim itself scientific.

41. WHAT IS THE SOUND OF ONE HAND CLAPPING – EXPLAINED.

I have been explaining this one for twenty years, but few seem to get it, except Scios. In the physical universe, you need two hands to make the clapping sound. In the theta universe, i.e. the universe of imagination, you can have one hand do as much clapping as you please.

The whole point of the riddle, "What is the sound of one hand clapping?" is that you must get out of the physical universe, and into the theta universe to understand many things.

42. WHAT IS THE MEANING OF LIFE – EXPLAINED

LRH explained this one, in Axiom One. Life has no meaning. Life is a Static.

43. WHO AM I?

With some help, from Leibnitz and LRH, here is an answer to that question.

The spritual being is a Thetan. Thetans have the following characteristics.

Ability to create, but the Thetan is not created.

Ability to perceive, but the Thetan, as static, cannot be perceived.

Ability to cause motion, but the Thetan, as static, cannot be moved, nor is it still.

Ability to make a perfect duplicate, but the Thetan cannot be duplicated.

Ability to make new considerations, but the physical universe cannot change its considerations.

Ability to know, but nothing else knows anything.
The Thetan is immortal but nothing else is immortal

CHAPTER 18.
TECH WRITING

1. TECH WRITER

A FOURTH DYNAMIC DIVISION FOUR HAT, AND A SUPER THETA TECHNOLOGY.

Suppressors hate anything, which carries forth so much theta. Good tech writing makes them furious.

To truly master your job, you should tech-write your hat. In fact, it may even be that the fastest and best way to master your job is to tech-write the hat, if it is not already tech-written. How to place a monetary value on a tech-written hat, is a difficult question. Thetans with the spiritual power to do competent tech-writing are few. I would suggest marking the document with a legal copyright notice, on the title page, placing a signed copy of the completed hat writeup in an envelope, and giving it into the hands of your lawyer for sealing, and dating, so that you may easily prove your claim to authorship. This is an inexpensive form of copyright protection. Mailing a copy of your work to yourself has been challenged in court.

To get promoted, you must first, and foremost, master the trade you are working in, and be able to train, and supervise juniors. A tech-written hat writeup should get you a promotion in just about any honourable business.

The Student Hat speeds up the student. The Course supervisor's Hat solves the teacher's job. The Hubbard Key to Life Course also speeds up learning by a lot. If the guy who writes the textbooks is also hatted, then we can train people perhaps fifteen times faster.

Suppose a new simplified accounting system was developed, which, cut accounting time by eighty percent, and was more error proof, and more fraud proof. (Like the one LRH developed) The tech writers would be immediately rushing to their word processors to modify, and rewrite all their accounting courses. On the other hand, every instructor of Chartered Accountants would do everything in his power to try to stop this new system from ever being taught, and used, because those bastards are really all a bunch of intellectual criminals. Try it. Just try showing any professor a better way, and see how far you get. In theory, there may be one professor somewhere to whom this essay does not apply. If you are out there, Hi.

Since the Professor has so badly neglected his proper duties, the very name, "Professor" should soon disappear from use. That is why, the new name for the post is TECH WRITER.

There is a Tech Writer's Org Board, which has been worked out and occasionally applied by the author since l972. Algebra or Trigonometry can be taught in a day or two. Most subjects, which take a year to learn, can probably be taught in one long day's work. Many students will be able to pass a final exam on their second or third day. A year's worth of public schooling can be taught in about fifteen, or twenty days with improved retention and improved application. Some subjects, like Calculus, Psychiatry, and Traditional Economics are hoaxes, and will never be tech written.

One suppressive educational trick is to intentionally disorganize school study materials to make learning into a puzzle within a puzzle. There needs to be a very large sec check list made up regarding the prevention of education.

The Catholic Church attacked learning by hiding information, and burning books. There is intentionally complex grammar, intentionally undefined terms, wrong sequence, missing data, and many more crimes against education.

The Scio course checksheets were a big advance, but they left many things to organize. Organization is one hidden work factor of all courses of study. Why make the student do any organizing work at all, when it can be done for him, before hand, by the Tech Writer? We have the Org Board. We can organize. Anytime you organize, say "Org Board." Once a course is properly organized, it turns into a learning rocket. Gathering and organizing study materials was the Professor's true job, but the professor could never be properly hatted. Our professors should have been going through the technology of our civilization like big snowplows, opening vast roads to truth. Unfortunately, professors have all been intellectually crippled by miseducation, which they apply to suppress even themselves. The organizing of knowledge takes tens of thousands of man-hours for a curriculum, but it can save hundreds of millions of student study hours, which makes a very good investment.

It has been found that tech writing is one of the most powerful research tools in existence. When one does tech writing, he dedicates his explanations to such clarity, and simplicity that any flaws in his theory or research become glaringly obvious. The reviewing, and simplification of concepts brings a steady, and astonishing flow of research cognitions. When that happens, the researcher, of course, changes his theories, and experiments more to get a higher perfection of truth to present. A scientist who avails himself of the assistance of tech writing should produce ten to a hundred times more basic research discoveries.

Martial arts schools have always maintained that the highest mastery of a subject comes when you teach it to others. That is true only when one strives to apply the simplest and best teaching, and technical writing methods.

The Researcher creates or discovers the tech, or recovers it from stored records. The Tech Writer organizes it. Study material organization is an entire industry which has been seriously suppressed, and neglected, and is very haphazard on earth today. Wog Technical Writers are not trained in how the mind works, nor are they trained in study tech. Wog textbook authors are a 4D scam. Their intentions are to sell tons of newsprint, and to soften the student mind for brainwashing. Very often their intentions are to make education very difficult so as to develop a new, illiterate, ignorant peasant class.

In degrado schools, teachers scribble notes on a blackboard, and students dutifully copy the notes into their looseleaf binders. Such crap. Note copying went obsolete with the invention of the printing press. The notes are not even effectively written. Teachers say that note copying was found to be the best way to teach students. That is a suppressive lie. Who did the experiments, and what other teaching methods were compared?

Tech Writing is a new science. It can be improved and raised to great heights. If there were no computers with word processing capabilities, this book would have taken about ten times longer to write, because of the constant rearrangement of thousands of new ideas. Just thirty years ago, tech writing required the use a fifty foot long scroll of paper. It was done by constantly rewriting, reorganizing, snipping, and then, regluing the scroll with contact cement, usually several times per hour. The first tech written work was not the Tech Writer's Hat, but some pilot research course manuals. There is, as yet, no tech written manual on tech writing itself.

2. THE NINE HARDSHIPS OF LEARNING

A. THERE ARE SEVEN HARDSHIPS IN LEARNING (Seven Org Board Divisions, of course) PLUS TWO MORE–

B. LRH identified three barriers to study. He never got the full picture. The hardships of learning include LRH's three barriers. They are described in this article from the viewpoint of the Tech Writer. It is the purpose and duty of the tech writer to get the student through the Hardships in the fastest and easiest way to produce the highest level of ability as quickly and easily as possible.

C. THE FOLLOWING STEPS ARE NUMBERED IN SEQUENCE OF ORG BOARD POSITION SO THE NUMBERS APPEAR TO BE OUT OF SEQUENCE.

6. State purposes and life uses of the subject, why you would want to learn it. This provides reason and motivation, otherwise why bother to learn the subject.

7. State the principles on which a technique is based. When a sensei had graduated to management, he would wear a beginner's white belt, not a black one because he was, in effect starting the Org Board cycle over again. Division 7 is thus both the beginning, and end of every Org board cycle.

1. Define all terminology. There is a catch here. It may be impossible to understand the principles without the terminology, so, we might break the correct org board sequence and place some principles right after terminology.
2. State the specific cycle of action in simple sentences as a sequence of doingnesses. The cycle of action is usually defined in three steps, and the 4th step is auditing of that cycle of action, and indeed, the entire seven hardships of learning. Auditing could add seven more hardships.
3. Apply the theory to masses, which exist in real life. The application cycle introduces form and a sequence of steps like a recipe. There should be examples of problems solved, and clay demos, actually, there should probably be clay demos at every step up to here.
4. Drill up application to a state of no comm lag, and high skill.
5. Self- test, and formally test, admit to errors, then correct ones actions, until they are perfect.
6. Gain experience in the trade, like a journeyman does. The tech writer collects brief stories of valuable applications and trade experiences so that they may be shared, by journeymen, and students.
7. Supervise others in the trade, and train others in the school, like the master of a trade does. This step produces surprising personal gains, and insights because it reverses the flow. The tech writer collects these insights, and records them as theories, and principles. Everyone needs to be trained in the Mini Course Supervisors' Course because everyone needs this final step of helping others to learn. Think how fast a technology could permeate a planet if every graduate came back for a stint as course supervisor? What one quickly discovers at this level, is numerous flaws in the logic of one's trade, or field of expertise. Here, one discovers the intense need to rewrite the textbooks, but without tech writing skills, and Scio training in logic, most rewritings are never as good as the original courses. PTS individuals, would of course, feel compulsion to alter, and complicate courses to their detriment, and thereby gain the contempt of those students with high theta.
8. Manage, and operate at a higher level. There are many posts here, not just the big boss with the cigar and the paneled office. There is research, devising new uses, retirement of old techniques, and moving on, etc.

B.There is the GRADIENT FACTOR, which is to learn all the material along the way before doing the next, more advanced step. Gradient watching is the responsibility of the student, but the Tech Writer can wonderfully smooth any study gradient by excellent sequencing of course materials, plus deletion of all non-essential words, and any other non-essential materials.

C. There is the OPTIMUM RANDOMITY FACTOR, which means to study at one's own pace, at the rate, which feels best for you. RETENTION, AND APPLICATION ABILITY IS MAXIMIZED BY LEARNING AT OPTIMUM RATE FOR THAT PERSON. Nobody should push, nor urge a student to study harder, nor apply force, nor stress to a student, for increased study statistics, nor student points, because that will lessen his ability, and willingness to apply his knowledge. If he dislikes the learning experience, he may pass the exam, but there will be charge on application of the subject.

So this sounds pretty simple? Professors preferred to throw a tangle of words at a concept, and let the student figure it out. The student is interested in figuring out the subject, not the professor's verbal aberrations. Complex Germanic grammar such as you get in the Encyclopedia Britannica, and in philosophy text books, is not at all necessary for the expression of advanced ideas. It indicates that the writer is confused, and aberrated, yet very pompous and well paid (4D Scam). The author of this book has rewritten some vital course material fifty times in quest of the purest basic simplicity of explanation, and still, it could be said better. Once again, it is worth every minute of the mental strain.

Educators will balk at Tech Written material. Some teachers absolutely refuse to define their terms. Some will be horrified at the idea of simplifying anything they teach. Many students are flunked for using Coles Notes, even though their exam results are good.

LRH had a marvelous OT ability, which cost him a lot of research gains. He could write up some technology, at terrific speed, without errors. He loved that ability too darn much. His first draft was his final draft, and man was it ever final. If he had not been so arrogantly against revision, he might have availed himself, of the benefits, of more clearly, and more simply expressing his own work. Then, he would have discovered that clearer expression leads to the discovery of out points and therefore flaws in one's own logic. The great loss here was that fatal technical flaws were hidden in verbiage, and so went unnoticed. Technical flaws are always illogical, somewhere, and the illogic eventually shows up somewhere in the explanation of that technology. When you jumble up the instructions, you obscure the illogics so that they cannot be analyzed, and cannot be corrected. I daresay, LRH shot himself in the foot that time.

LRH never knew about Tech Writing, so he absolutely refused to allow any of his works to be rewritten for clearer understanding, and so on. Just try to gather the basic doingnesses of any skill, and condense them down to a cycle of action. You will see how much confront it takes. Check out your comm lag until the time you finally get it right.

Ask a recent university graduate this question,
"What did you learn to do in those four years?"
He will say, "I can now be a…
No, No. What did you learn to do?

Well I can now have a job at a…
No, No. What did you learn to DO? That's spelled… D…O…DO.
They give me this office, see, and I can be involved with… What can I do?… duhhh…"

THE STATEMENT OF DOINGNESS, AND THE COLLECTION OF DOINGNESS STATEMENTS INTO A CYCLE OF ACTION IS THE MOST DIFFICULT PART OF EDUCATION. ONCE SOMEONE STATES THE DOINGNESSES OF THE CYCLE OF ACTION FOR OTHERS, THEY FIND THE WHOLE SUBJECT IS VERY CLEAR AND EASY TO UNDERSTAND.

PRINCIPLE: COMPLICATED SENTENCES, AND THE USE OF MANY BIG WORDS, DOES NOT MEAN THAT ONE HAS AN EXCELLENT VOCABULARY. IT MEANS THAT ONE HAS NOT MASTERED THE NEEDED BASIC VOCABULARY FOR THE SUBJECT, AND HAS NOT QUITE UNDERSTOOD A CONCEPT.

PRINCIPLE: ONE WHO HAS MASTERED THE APPROPRIATE VOCABULARY, USES VERY SIMPLE SENTENCES TO COMMUNICATE A SUBJECT.

3. MASSIVE VOCABULARY SEARCH

Once a tech writer gets a very clear concept of some aspect of a subject, the tech writer must search diligently, to find the right words, to explain that concept in very simple sentences. A vocabulary search, for a single concept can go on for weeks. One should read many explanations, and talk with many people who work with that subject. Exchange explanations, and constantly look for the ideal words, and always look within your own mind for a slight misunderstanding of even the simplest concept. The tech writer will probably have reads, and a rising needle constantly, until the "mot juste", the most apt word, is found. Sometimes, years later, a concept clears, and/or the appropriate word appears, in a staggering cognition.

Example: WHAT IS A NUMBER?

The so-called academic experts tossed this one around for years, then decided that the word, "Number" could not be defined. They told that lie to every student in grade school. I hung up on that one, myself, for a while, but never believed for an instant, that any ordinary word, which people use in the course of their affairs, cannot be defined. Then, one day, the cognition hit.

NUMBER- DEFINITION – A NUMBER IS A SYMBOL, OR GROUP OF SYMBOLS, USUALLY SPECIALIZED FOR COMMUNICATING HOW MUCH, AND HOW MANY.

A NUMBER IS ALSO OFTEN USED TO COMMUNICATE SEQUENCE, OR TO ARBITRARILY LABEL OBJECTS.

A NUMBER, LIKE ANY SYMBOL, CAN BE USED AS THE MAIN WORD IN A BEATLES SONG, OR BE GIVEN ANY MEANING ONE CHOOSES.

4. THE UNSTATED CYCLE OF ACTION

It is a tragedy that degrados who are taught a correct statement of a cycle of action, withhold it, and never pass it on to others. THE UNSTATED CYCLE OF ACTION IS THE CURSE OF CIVILIZATION.

Example:A typical example of the harm of an unstated cycle of action is the proper use of a pick. In Northern Canada, most oil well drilling rigs are set up in the dead of winter. Clay is frozen as hard as concrete. Trenches are often dug by hand. The new man would work his heart out with very small results. After watching the new man for some hours, an old hand would casually take over the pick, and break loose a torrent of large chunks of frozen clay, but he would never explain how he got such results. The new guy would usually think it was strength, and not figure out the technique.

5. TO APPLY SPINNING TOOL MASS

1. Swing the tool using the whole body.
2. As the tool approaches the target, give it a spin
3. Use the extra leverage and spinning mass of the spin to cut more deeply.

EXAMPLE: TO USE A PICK

1. Swing the pick in an arc, using your full body mass as a counter balance for centrifugal force, while pulling in.
2. Pull up on the pick handle just before impact, thereby giving the pick a hard spin using the forearms and wrists.
3. Keep pulling up on the handle, after impact, thereby pulling up a chunk of material.

PRINCIPLE: The mass of the spinning pick will lever open the crack started by the impact.

PRINCIPLE: One can apply more force by pulling in centrifugally toward the mass of the entire body than one can by pushing down with the forearms Therefore one should use the entire body to swing a pick, or a sledge hammer whenever possible.

There are numerous tricks of any trade. A guy just out of school will push down heavy on a jackhammer, half killing himself, for small results. An old hand will use the natural harmonics of a jackhammer to do the drilling. He will work the jackhammer lightly with one hand, sensing

and applying just the right pressure. He can tell by the change in feel and sound that he got it right. He gets ten times, or a hundred times more breaking done.

It is a cruel and unjust degrado tradition to make a new man pay his dues by suffering on the job. If all these tricks of the trade were tech written, one could have a new man performing as well as the experienced man in a few weeks, or often, a few days.

Martial arts is full of degrado disinformation, and withheld cycles of action. A student of Judo, for example, can practice for five years without realizing that any strong stance which enables one to deliver force, is exactly a stance from which one can be most easily be thrown down. If one pushes forward with force, for example, then the forward foot becomes the fulcrum for a throw with the judoka pulling. If one pulls back with force, then the back foot becomes the fulcrum for a throw with the judoka now pushing. In that way, strength always becomes weakness. A throw must be directed in an exact direction, so that the foot, which serves as a fulcrum is in the way of the trailing foot, which is now flying through the air, thus preventing the trailing foot from coming down to the floor for support.

The directions of stance weakness, where one can be toppled, are actually strong to a judoka, because all one needs to do to regain support is move either foot in the direction of the toppling.
That, is about half of the technology of Judo. The world famous Kodokan Judo manual shows diagrams of strong stances, but fails to state how they are all personally fatal when applied against a judoka. There are, of course, many other such simplicities, in the many other martial arts systems.

When you understand the principles, and do a little drilling, opponents in a scrap fly to the ground in all directions. You can train a Judo black belt, in a few weeks by using tech writing, and a lot of honesty. The mystique of martial arts is achieved with a lot of secrecy and a lot of dishonesty. They train those poor martial artists half to death, and a martial artist is very often worthless in a street fight. Memorized drills slow his reaction time, because he must think to use them. The anchor points on which he hangs his mental machinery are all absent. Disinformation about martial arts tricked millions into wasting years of learning time, even in Japan.

One goes to study martial arts technique, and gets physical exercise. Sorry. Exercise is exercise, and technique is technique. Exercise comes at about Mystery on the Know to Mystery Scale, and technique comes in at Grace IV, application drills

The founder of Aikido was different. He had world vision. He wanted the secrets of his technology to be freely available to everyone. Unfortunately, he never fully worked out his teaching technology.

6. BIG BEINGS UNITED – A GROUP SERVING ALL MANKIND

PURPOSE NUMBER ONE: TO GATHER, AND TECH WRITE, THE CYCLES OF ACTION OF THE TRICKS OF ALL TRADES, AND ALL SKILLS.

PURPOSE NUMBER TWO: TO BRING FREEDOM FROM RITUAL, LENGTHENED LEARNING, AND LENGTHENED APPRENTICESHIP BY DISSEMINATING TO ALL MANKIND THE VITAL KNOWLEDGE OF ALL MANNER OF VALUABLE TRICKS OF THE TRADE AND ALL CYCLES OF ACTION.

You know that university professors do not give a damn about the truth, when they reject truth with their favourite ser fac. "We would have to change all the textbooks." That is the statement of an intellectual criminal. Damn the textbooks. If this world is to survive, we need real textbooks, and no more professors.

You will notice that the information in this book is usually presented in a rather direct and simple manner, partly as a result of some experience in Tech Writing. This book contains many times more usable technology per average page, than your standard school textbook, and its required study time is shortened from many years to a few weeks. It is not yet fully tech written due to a shortage of personal time.

Even though the basics of Tech Writing have been worked out, the steps can be expanded, and refined for a long time. Special applications for different subjects will need special variations of the technology.

A tech writer must master a vast vocabulary (perhaps entire dictionaries), the org board, and certain grammatical technologies far better than other highly competent individuals would be expected to do. He must also master the subject he wishes to write about. It takes as long to train a Master Tech Writer as to train a high class Scio auditor.

7. THE TECH WRITER'S HAT – HOW TO WRITE UP A TECHNO MODULE, AND AN ENTIRE PROFESSION.

A techno module is typically a course, which takes about a semester of study. (A day or two if tech written.) Each subject of a techno module is broken down into its cycles of action, and a Learning Org Board is developed around those cycles. A year of WOG study usually does not cover many cycles of action, and it is quite a shock to see how little explanation is needed when the material is tech written.

A 3D engram auditor can see how the divisions of a techno module relate to the Grade chart, and may choose to self audit any charge on that module, and may become a Brahmin of a subject, even to the point of developing OT abilities regarding that particular skill.

INTRODUCTION – The purpose of this module, the goals of this training, what it can be used for, in life.

STEP ZERO – PREREQUISITES – A list of what skills you need to have mastered, before beginning this course.

DIVISION SEVEN - GENERAL PRINCIPLES – This section explains in brief sentences why it is we do this in a particular way, why we choose certain forms, or patterns, and the principles behind any part of the course. The whole point of this section is to know when to change, or discard a technique, and replace it. Principles are eternal, but patterns are all specialized. When the principle no longer applies, the patterns must be changed, and must be regulated by some other principle, which does apply.

DIVISION ONE – DEFINITION (OF KEY WORDS) IN CORRECT SEQUENCE

The key words are the technical terms pertinent to the one subject being taught. All key words needed to teach the subject are collected. The gradient is that all Key words, which are used in the definition of other key words, are defined first. The definitions used are the clearest, simplest possible definitions. Each term must be used in several given example sentences. Each definition may include pictures illustrating the meaning of the term. There may be a series of pictures to illustrate a verb, or a doingness term. There may be taped example sentences, giving illustrative uses of the term. There may be brief motion pictures illustrating the terms. There may be show rooms for hands on perception of the actual things defined. There may be toy models. This can be a pretty creative area.

The student should demo his own example sentences, and use a term in many of his own sentences, until he owns that word. Every practice sentence should be creatively unique and should show the meaning of the word. If the word defined is “cup”. One does not say ”He had a cup.” Because that sentence does not show what a cup is. An acceptable sentence is “He drank from a cup.” Or, “The weird potter made a cup with three handles.” The student feels charge, and confusion blowing off as he makes sentence after sentence. It is the expression of creativity which makes the word thine own. Higher subjects should never bother to redefine the key words defined in prerequisites. Mastery of all common English words used in the module, other than key words, and rare words, is the student’s responsibility.

One thing which is currently missing, from this tech writing manual is the technology of using a large series of non-verbal pictures to communicate the concepts of say mathematics, as well as the whole series of training steps illustrated. A guitar course has been tech written with some pictures, but there is a need for hundreds of illustrations with every course.

There is much therapeutic value in writing up and coordinating the definitions of a bunch of key words in a subject, and placing those key words in a correct learning sequence, so that words, which are used the definition of other key words, are defined first. The word processor is a wonderful aid, for this activity. The therapeutic value is fantastic congnitions on the subject, and surprising, and awesome simplifications of thinking. COORDINATED COLLECTED, SEQUENTIAL KEY WORD DEFINITIONS This is a very powerful tool, which speeds education by

many times. It clarifies the thinking of those who have worked with a subject for many years, and thought they had mastered it.

Many of the cognitions stated in this book occurred, while writing up coordinated definitions, contained herein. Very often, the fastest way to learn, and master a new subject, is to research, and rewrite that subject, as a tech writer does.

DIVISION TWO – CYCLE OF ACTION – HOW TO DO IT THE GENERAL INSTRUCTIONS FOR BAKING, WOULD FIT HERE.

The skill being taught is stated in infinitive form. Then the three steps of the cycle of action are stated, preferably in three simple sentences. The first sentence describes how to start. The Second sentence tells how to do the action, and the third sentence tells how to produce the result. The cycle of action is intended to be so broad in meaning, it would be applicable on any planet. In order to do that, it must be formless.

EXAMPLE: A typical formless cycle of action would be the following.

TO COOK
1. Gather the utensils, and ingredients for a recipe.
2. Combine the ingredients according to the recipe.
3. Apply heat acording to the recipe.

DIVISION 3 CONFRONT THE MASS OF THE TECH, SEQUENCE OF STEPS, PLUS DRILLS AN EXAMPLE OF A RECIPE FOR A CHOCOLATE CAKE, WOULD FIT HERE.

Here are the clay demos, drills, memorization work. The module presents examples of all types of problems correctly worked and solved CHECKLISTS – To confirm the high quality of each drilled action. STANDARDS – Lists or descriptions of professional competence levels to be achieved with each drill. Professionalism is to be expected at all times.) Flash cards are low level drilling. Arithmetic drills, for example, should be taken up to such a speed that neither spoken words, nor even mentally projected words can keep up. Drills are properly done, not to a high score, but to the excellence of instantaneous certainty.

DIVISION 4 APPLY SEQUENCES OF STEPS TO REAL EXAMPLES AND GAINING PRACTICAL EXPERIENCE PRACTICAL WORK AT BAKING LOTS OF THINGS WOULD FIT HERE.

Instructional steps are like the steps of a recipe These steps are given alongside of correctly solved examples of all types of problems to be solved.
PRACTICE ON YOUR OWN – Repeated application of the drilled technology in real life situations. Application typically includes solving

problems using all the drills. The correct answers are given for every practice problem.

DIVISION 5 EXAMINATION AND CERTIFICATION – Testing, and confirmation, of knowledge. If a student makes any errors in the test, his materials are reviewed and the flaw in his knowledge is found, and corrected. Errors are not tolerated in the trades, and there should be no errors in passed examinations. A few errors should not mean retraining, but when enough errors are properly corrected, one should expect perfection without any strain, on the student's part.

DIVISION 6 INTERNSHIP, OR APPRENTICESHIP, AND JOURNEYMAN EXPERIENCE. – Here you read the success stories, and yarns of successful adventures. One does a period of application as a professional, and gains life experience. Interns typically start at low pay, and as experience confirms their skill, they gradiently achieve full pay. One reason for the low pay is to cover the costs of extra supervision, training, and perhaps job mistakes. If an intern must pay for all his own job mistakes, he must start at full pay. Roofers, for example must produce a leak proof roof, and an apprentice's, paying for his mistakes can make a terrific learning incentive. Fortunately, with tech writing, expensive errors would be few, or nonexistent, and apprenticeships would be short.

DIVISION 7 MASTERY, MANAGEMENT, PRINCIPLES, AND INSTRUCTION OF OTHERS – Supervision, of others, on their path from novice to expert. Course supervision. Collection of all the best new technology, and tricks of the trade. Tech writing

8. PILOT COURSES

The purpose of pilot courses is to correct the course so that student questions are unnecessary, and there are few, or no errors in student exams. Pilot courses are run, by standardly trained course supervisors, but they do not do regular course supervision. Every time a student needs to look something up, he must tell the supervisor. Every phrase, which is difficult to understand, must be mentioned to the supervisor, and so on. It will be found that most students ask the same questions over and over again, look up the same words over and over again, and make the same errors on exams. These indicate glitches and imperfections in the tech writing. Some words, for example, might need a pronunciation guide. Most words might not.

All excessive verbiage must be trimmed. Not a single unnecessary word should exist on a tech written course.

The supervisor on pilot courses must write down every student question about the materials, and must note every student error in exams, and so on. He must also find out why a student makes any error in case it is a weakness in the course materials. He must find out which statement in the course was unclear, what section was more difficult than the others, and so on. He always assumes the tech writing is at fault, unless proven

otherwise. Idiot teachers like to say "Students usually get that question wrong on the exam. Heh heh." If you knew anything about teaching, you would have made sure that students never mess up on that question, nor any other question for that matter.

The tech writer redesigns the course so that all pertinent student queries are answered. The course is repiloted as often as necessary, so that no pertinent questions are asked, for a time, and grades are typically perfect, with allowance for student bank.

There will always be students who do not understand common English words, some who have word association engrams, personal study glitches, and so on. Those students should handle themselves with standard study tech, under standard course supervision, and auditing interspersed with study.

A student who is restimulated by a word can mess up on a perfectly written course. In fact, student errors in a correctly tech written course should go into the student's self-auditing folder, because they would probably be charged reads. With a bit of auditing, you get a perfect student, at least regarding that subject. Now, watcha gonna do when every single student gets a perfect score.

9. PIGEONHOLE TECHNICAL REWRITING PROJECTS

Purpose: to convert Wog courses into Tech written courses. You set up seven pigeonholes with the seven tech writing divisional labels. You go through all the materials of a course, in correct sequence, and you drop the material into the correct pigeonholes. Then, you use the pigeonholed materials as a general basis for tech writing. You will discover that a lot of areas can be improved. The pigeonholing will smooth out the learning sequences. Aberrated maunderings, which do not apply to any pigeonholes at all, should be thrown out. They are useless.

PIGEONHOLE LABELS
Principles (why it is that we do whatever we do)
Definitions of all key words.
Instructions as formless general cycles of action. How to do things.
The same instructions as worked examples. Recipe is a good name for this pigeonhole.
Blank forms, and procedures.
Drills
Problem examples, and all problem answers.
Examinations and instruction procedures to correct any exam errors.
Internships
Success stories of the history of the uses of the course materials.
Why you would want to take the course, and how you could use the knowledge.

10. MISSING TECHNOLOGY OF READING

The Alphabet is falsely taught today, as a collection of arbitrary shapes. Those letter shapes historically speaking, were all, once, crudely

drawn pictures of things. If you teach a child the historical legend of each letter, the alphabet suddenly makes sense, and it becomes very easy to memorize and use. That is a mnemonic aid, and do we ever need those in school.

To help introduce every student to reading, the historical origin of every letter, and every sound of the alphabet should be taught, as a kindergarden story. The Roman alphabet originated from crude pictures of common things, which everyone saw in their day-to day lives, and we still know what each letter was a drawing of.

The letter A, for example, was a crude diagram of a triangular bull's face with horns, which form the legs of the A. The ancient word for a cow was Aleph, and that name started with an A sound. Simple.

The ancient word for house was Beth. The letter B was originally a crude drawing of the roof truss of a house with a pointed roof.

The letter X was a crude drawing of a horse as seen from above. You can still see the the animal's four legs spreading out in four directions. The ancient Roman word for horse was equus, which certainly sounds like the letter X.

The letter S was a picture of a snake, and we can still hear the hiss sound that the ancient snakes made.

The World Book encyclopedia still carries some of the pictorial histories of each alphabet letter.

The next part of the legend of our written phonetic heritage, is how different nations modified the alphabet to suit their pronunciation needs, and how special spelling modifications served for words we got from the French, or the Italians, etc. That way, the children will know that our spelling system is not mere alphabet soup. It got the way it is, usually, for damn good reasons. Explaining our spelling history will prevent millions of ARC breaks for children learning to read, and spell.
Example: Children wonder why the word, knight is spelled that way. That is because it was once actually pronounced that way. Originally, a knacht was a hired hand, and that was a handy term for the medieval version of a hired gunslinger. After an interesting explanation like that, a child will never forget how to spell the word, knight.

11. READING, WRITING AND ARITHMETIC

With courses, like hooked on phonics, and tech written math books, the three Rs are now so simplified that they are almost no longer school subjects. An intelligent mother, or baby sitter, or kindergarden supervisor, can, over a number of weeks, in the afternoons, teach the first two years of public schooling, to four, and five year olds.

After children know how to read, kindergarden should cover a few thousand words of basic vocabulary, The teacher should just point to objects, and match thousands of pictures to the names of objects, while kids practise using the words in sentences. This kind of vocabulary building is astonishingly fast, at an early age.

The most important subject of study, is , of course, the mind. When, and how to offer that study, to a child, is a matter of ARC.

By far, the healthiest, and most vigorous children, and adults, are those who drop out of school at an early age. Lets face it. School is a prison, and the children know it. The sooner they get it over with, the better. They need the great school of life. We can have very wise children, and they can all be happy, healthy dropouts, at the same time. That implies, almost shutting down the schools. So what.Public education is such a fraud anyway, that no one should be sorry to see it dismantled.

12. THE END OF SCHOOLING

No more teachers, and no more classes, this is a child's dream come true. An individual's basic schooling can be over by about age seven or eight. Reading, Writing, Arithmetic, can now be mastered in kindergarten. Give a child a year or so of vocabulary drills, and then have tech written courses available for any damn thing a child wishes to learn. Just turn them loose. You can count on them to educate themselves, to very high levels. If they take a year or two off, from education, it won't matter a bit, because you know they can learn anything they need, in a few weeks. Education will be such a pleasure, and so cheap, that they will be training themselves off and on, for the rest of their lives, anyway.

A professional educator will now be anyone trained as a course supervisor, or a person who assists with drills, and practise. So you train professional educators in a week or two. The new training tech will produce the equivalent of a doctorate in a matter of several months, and will be about half self-taught, and half assisted by the drill supervisors. Drill supervision is a super simple job, but the practise equipment can fill a small warehouse.

13. PROFESSIONAL TRAINERS – the next job, after drill supervision.

Many professional trainers will simply supervise right on the job, much like driver trainers do. Driver trainers have very poor technology, but they have at least one fact right. You can't learn to drive from a book. You can't learn to run an oil rig from a book either.

Athletes, with championship on their minds, like to have a coach, supervising their training. The word, "coach" was probably originally pronounced "coax". Since we are trying to build self-determinism, we do not have much use for coaxing.

The precise technology of PROFESSIONAL ON THE JOB TRAINERS has not yet been developed. It should make trades mastery several times faster.

The trainer would probably do no work. He would stand by while the apprentices worked. The trainer has patience. If it takes an apprentice five minutes to get an oil can working, then that is the way it is. The trainers would need mastery of their subjects, and would use an exact set of questions and commands, somewhat like a Scio course supervisor, but with important differences. Ideally, the trainer would use tailored

grammar, so that he would only speak only of ideas, and whys not of forms. The forms would all be diagrams, and standards in books. The apprentice would apply the ideas to the forms at hand. This would give very superior training. The apprentice would develop flexibility in his thinking, plus better skills. The PRINCIPLE: IDEAS, AND WHYS ARE MUCH EASIER TO THINK WITH, THAN FORMS.
APPLYING IDEAS AND WHYS TO FORMS IS CALLED WORK.

14. THE SEVEN TECHNICAL COLLECTIONS OF A CIVILIZATION.

Our civilization was smart enough to create great dictionaries. These are marvelous valuable books. As tech writing expands, as a subject, it turns out that dictionaries are only one of the seven technical collections we need, to really run a civilization well. We need to assemble all seven technical collections, for the purpose of teaching the skills of life with speed and certainty.

1. We need, and have, dictionaries for the majority of words used in our civilization.
2. We need a book of every cycle of action done, in our civilization.
3. We need a book for every drill needed in our civilization.
4. We need a book of the whys, and the cares of our civilization, and control factors for that care, as in "Take care to keep the milk from spoiling" – that is a why, and that is a care, and that comes first. The control factor comes next "Keep it in the refrigerator" Then there is application of logic. Our civization wrongly teaches the control factor first, and the why later, or never.
5. We need a book of tests, and certainties. It is very common to do a test, and yet be uncertain of one's observations, and uncertain of the test results. Example: Can you test, and know someone's tone level every time, without failure? Can you check a dozen vital signs to know for certain whether a body is dead or not?
6. We need a book of cooperations, and how to set them up.
7. We need a book of principles, and judgements of our civilization. Our fat lawbooks are a failed attempt to handle this kind of knowledge. There are many more areas of principles, and judgements than laws of justice.

The word clearer's job has just expanded by seven times.The word clearer must now learn to do a metered check for all of the following:
1. misunderstood words.
2. Cycles of action for which there is no responsibility.
3. Drills, which are not mastered.
4. Whys, and cares, not under control on a job.
5. Tests which cannot be applied with certainty.
6. Cooperations, which could end up in conflict.
7. Lack of judgement regarding some principle.

A few billion dollars spent on the technical collections would bring fantastic national rewards.

15. AUDITING TECHNOLOGY FOR THE SEVEN TECHNICAL COLLECTIONS

We have had word associations for quite a long while, and have had wonderful results in erasing the engrams. Now, we need to release on all TECHNICAL ASSOCIATIONS ENGRAMS. Every one of the seven Technical Collections can have very restimulative items, which will prevent mastery of a subject. The beings, who gain engram releases on all seven Technical Collections will have astonishing wisdom, and depth of applicable knowledge. They will be geniuses surpassing anything, which Earth has ever known.

16. THE SANITY SCALE, AND ORB BOARDS

Every item on LRH's Sanity scale, (ref. the HCO Policy Letter on that subject.) needs a complete org board. Okay, all you geniuses out there, work out those org boards, and disseminate them, so that our civilization can have lots of sanity.

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17. DEABERRATION OF ARCHITECTURE

A civilization usually falls after it compulsively builds monumental structures. Great colonnades, giant convention centers, huge palaces, and mansions, these are tombstones for civilizations. They are the work of Suppressors. They are designed to dominate, and manipulate degraded masses, and as such, are generally worthless structures. The rules of optimum building and city design can be worked out with a view to correct communication cycles, and ideal shape for each Org board function. Social areas and village centers should be circular or oval areas, not stretched out lines, or grids. Since most traffic moves toward a central area, and out again, neighborhood roads should be branched like the blood vessels in the body, thereby ending traffic congestion. A production line should weave back and forth, like intestines do. Henry Ford figured that much out, and got it right. Building design and town planning is in a state of high aberration at this time. Scio architecture is a new subject, which needs to be researched and developed. Organic architecture design should at least double the stats of any community.

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18. SOME DEABERRATION FOR THE COMPUTER (A 4D HAT)

Computer programs and help menus, for example, are intentionally disorganized to increase study time. The average computer nerd who designs those programs must have the vocabulary level of a circus dog. It is plain that programmers never learned English, because there is so often a perfectly good English name for something, and programmers rename it with a term, which has no sensible connection to anything in sight. The terminology of computer prompts, very often, by dictionary definition, says something different than what the command does. You have to be

sort of intuitive, about what they mean and gather what experience you can. No wonder computers have endless glitches, and technical problems.

We have massive whimsical redefinition of tens of thousands of terms. (Another 4D scam.) When you learn a good name for something, that name should damn well stay learnt. Universities have also gone insane, renaming everything (mainly for slimy mind manipulation purposes), in the name of political correctness, and for other suppressive reasons, like making secret languages for conspirators. Its Sec Check time again.

To communicate to your computer should be very simple. You press one button, which addresses the computer, then you type your order in plain English, then press another button for execution. The computer should keep throwing verbal prompts out to assist as suggestions of options if your experience does not cover every command you need. If you are one of those who types at a hundred words per minute, you can do an awful lot of commands in a short time, in fact, no computer could keep up to you. If you incompletely specify the details of what you want, the computer should show an appropriate option menu in plain English, as well as with those little icons. Computer option menus could go Yes, No, Default (Y,N, D) very rapidly down a list. When you need to choose an item from a list, you may use mouse, but all items should also be clearly labeled, to provide the optional keyboard control method. After you are familiar with any menu, you should be able to just type in the English words, without referring to the menu at all. Computer control with spoken english is also feasible.

All arbitraries regarding accessing addresses and data management must be eliminated. A current psychotic arbitrary is a demand that you type eight characters dot com to label a document, or internet addresses may not have spaces, and so on. One's name, or postal address, or phone number should serve perfectly well as your internet address, or file label if you wish it so. The Suppressors who control computer programming want you to think that limitations in circuitry cause these arbitrary limitations in service. They lie.

You should be able to order the computer to: Explain the purpose of any step. You should be able to order the computer to define any step. You should be able to order the computer to instruct any action you wish to do, at any time. You should be able to order up examples and practice drills on any computer function you may choose. The computer should be able to provide a complete catalogue of options, which you may apply to any function at all.

Commands might go, 1. Control button. 2. Type statement: Instruct how to change font for one line. 3. Enter. You need a Tech Written manual of computer command sequences. You already speak English. Bingo, computer expert in a week or two.

One may want to switch to abbreviated communications after considerable experience with the program. You set up parallel ways of doing the same thing by a few different techniques, some with the mouse, and whatever else

Programmers abbreviate communications without rationale at the very start, so you are not even allowed to begin without learning arbitrary codes. You can buy computer dictionaries, by the way, which do not contain a single definition. Those psychotics even redefined what a dictionary is supposed to be. Computer help menus also refuse to define terms. They want you to react, not understand.

LRH described the intellectual crime of replacing a symbol with another symbol. The chase for a definition might go on through a long series of synonyms. The end of insane computer programming is in sight.

All computer programs should have a tech written online manual. The purpose of everything on a program, and every part of the computer itself should be available. There would be a definition for every applicable term in the tech written format plus a gradient of key definitions. There would also be an overall dictionary of computer terminology. You should be able to ask the computer for entire tech written courses on how to run that computer, and all its programs.

19 TYPICAL QUESTIONS TO ASK THE COMPUTER
Define this term.
Illustrate this term.
What does this symbol mean?
What is this function or command, or icon?
Where would this be applied?
How does it work? (Cycle of Action Statement.)
Example of it working, please.
Drills to practise the function.
Correct answers for all the drill questions.
Tests to see that operator can apply the function correctly.
Corrective training, for errors.
A list of probable whys for every processing glitch.
Simple handlings for every why for every glitch.
Principles on which any form, or action is based.

20. DEABERRATION OF COMPUTER KEYBOARDS – A suggested Scio project. No one else has the necessary confront to make this valuable improvement into a reality.

The Dvorak keyboard is the famous improvement on the standard qwerty keyboard. Dvorak keyboards enable one to type three times faster. It used to be possible to open the back of a keyboard gaining access to the wiring and the key buttons. One could move the wires and keys into the Dvorak pattern. If one did that with the new ergonomic keyboard, it would be a very efficient set up. All beginner students should train on Dvorak. New style keyboards are easily plugged in, and can be carried from work place to work place if necessary. Dvorak could be programmed into the computer so that the lettering comes out Dvorak, even though the keyboard stays qwerty. For a touch typist, that is quite workable.

One surprising blessing, is that a qwerty trained typist can easily master the Dvorak keyboard, without the two systems interfering with each other.

With tech writing, and improved commands, the F keys, (the function keys), no longer needed, may perhaps be left off the keyboard.

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21. ORGANIZATION OF THE SUBJECT OF HEALING – Healing energies come in octaves. There are actually thirteen harmonic frequencies in an octave when you include both ends of the scale, and the semitones. There are perhaps a hundred octaves of common healing frequencies. Light frequencies, from infra red through ultraviolet comprise a full octave. This means that a frequency of visible light has a similar power to corresponding harmonic frequencies of sound, minerals, vitamins, glandular extracts, herbs, and so on. We need a complete chart of frequencies. Stanley Burroughs collected a number of charts of octaves in his book, "Healing for the age of Enlightenment". He said healing was all colour. He was close to the truth. The rules of colour triadic harmony, disharmony, clashing colours, and opposite colours would apply through all frequencies. The works of Goethe on colour and the technology of colour wheels would all fit in. If you totally understood the actions of one octave of frequencies, you could apparently understand the octaves of all energies throughout the universe. There goes Nuclear Physics, space drive, free energy, nutrition, and many other sciences. Even the laws of flavour can be worked out for cooks.

There is much more to medicine than octaves of energy. There is Radionics, body org boards, axioms of Dianetics, and so on. Function monitors structure. There should be a complete catalogue of every single biological structure, and its function. We are near to the understanding of all life functions and the corresponding forms.

CHAPTER 19
FAKE DEMOCRACY

SENIOR DATUM: WE GOVERN OURSELVES AROUND HERE. WHERE'S HERE? ANY LEVEL OF SOCIETY AT ALL IS WHERE.

THE PROBLEM IS NOT WITH TOO MUCH GOVERNMENT. IT IS WITH NOT ENOUGH GOVERNMENT. PEOPLE WHO GOVERN THEMSELVES CAN EASILY DECIDE HOW MUCH GOVERNING THEY WANT TO DO, OR NOT DO.

In a fake Democracy (all democracy is faked these days), They elect a president, secretary, treasurer, and a few helpers. The governing and managing body sits at the front of the hall and everyone else sits in rows, facing them. From time to time there is a vote on an issue. Thereby we have the governors and the governees. Governors are cause, and governees are effect. There is lots wrong with this picture. There are a lot of able individuals listening to matters of no concern to them, waiting to bring up their topic. There are a lot of people voting on matters which they are unqualified to vote on because of no involvement in that particular area. It is impossible to put all important matters on the agenda because everyone wants to go home by ten o'clock. This system is hard on everybody, and it is subject to selfish manipulation by a covert group.

An individual cannot think well on his feet, simply because of communication lag, and because of missing the many facets of data analysis. To say, "We have three issues to discuss, and vote on tonight", is a very dangerous thing. Very often, in a debate, or discussion, someone states some crazy manipulative computation, which needs to be analyzed, and debunked, but the discussion moves, too fast for an answer to be worked out. A rushed decision might seriously violate group principles, but some decisions, once made might be difficult, or impossible to reverse. There is no ethics system to handle a manipulative verbal scammer.

1. THE DEBATE SCAM

That there are two sides to every issue is bullshit. A so-called debatable issue is a need to dig up facts, and to test, and confirm information until everyone can be pan-determined, i.e. fair to each other, and Scientific, of all things. (LRH made clarifying statements about the Scientific method.) When sufficient facts are known, and all hidden agendas are exposed, there is nothing to debate. A group is people gathered together to cooperate, not have at each other.

2. THE BIG SHOT WHO LOVES TO TALK, AND HIS SCAM

If he is the only guy doing the talking, he must be the boss, such cheap manipulative strategy. There must be technology developed to get these bums off the podium.

3. AWARENESS LEVELS PROBLEM

There is another hidden factor regarding debates, and that is spiritual status, and awareness levels. Born again Christians should live

among themselves, and will more easily agree among themselves. Atheists are a certain class of being. And so on.

When two parties have differing views on a subject they find points on which they agree, then they share data to achieve more agreement, then if still not in full agreement, they get together to figure out what information they can seek out to achieve a single viewpoint. Argument, even formal argument is an unjust dramatization of 3D Grace 1 case. Selfish interests must be exposed whenever there is a refusal to search for full agreement, and pan determinism must be demanded. An individual who cannot be pan-determined must be excluded from the group until his ethics, and case improve. Fair exchange, for one thing must always rule over selfishness.

4. THE ACTUAL SIZE OF GOVERNING BODIES

If you check any governing body, there is always a bunch of friends at the top who control everything. The friends decide among themselves, what they want, then they go out and manipulate the people who vote, so let us dispense with the useless voting audience. They are always hypnotically manipulated anyway. Those in the audience who want to govern some factor can join, or form whatever governing committee or team, handles that class of issue, and works on it. Management teams will always want to know what people think, and will welcome outside ideas, if they have any sense. If people swarm in over a certain subject, the governing body must say, “Gotcha”. You are now a new governing committee. You just showed, by swarming in here, that you are a special interest group, therefore you must be a government. Now, you new guys get yourselves organized, and take charge of that issue. Spectators may watch, from a gallery, and the gallery may be consulted, or individuals from the gallery may come into the governing body whenever appropriate. Many governing committees must not hold meetings at the same time, but must meet in sequence of Org Board Divisions, and Departments. That way, any individual with more than one interest may participate in as many meetings as necessary to handle all his interests. Governing should be fast and easy, and not take up much of everybody’s time. All that fantastic skill and wisdom in the general population must be invited to the fore, and utilized.

5. AN EXPERIMENTAL GOVERNMENTAL SITE PLAN

Government at any level is a management team. If the council of seven to thirteen top execs, of a group, worked all day at a large circular table, each, with a computer terminal. They could each have their offices, and office managers right behind them. They would work their own divisions, but at any moment when a live discussion is needed, the execs can chat briefly with each other without leaving their desks, and without using a phone. That way, one can have instant coordination, and cooperation between Divisions, without comm lag, but only on those matters which do not require deep analysis. An exec might need to tour

his departments, but there is his deputy, and an office manager, in a room, right behind his chair. They will cover the post.

GOVERNMENTS SHOULD RUN LIKE A BUSINESS, AT A PROFIT, SO THAT THEY CAN DIP INTO THE KITTY FOR OCCASIONAL SPECIAL PROJECTS. IF THE KITTY GETS TOO FAT, THEN TAXES MUST DECREASE.

Some few services, like national highways, and national defense, must serve everyone, and therefore everyone should be taxed for those services.

Forcing citizens to buy any local service, which they do not want, or need, is extortion. The artists' neighborhood in skunk hollow has their own water well, and wants neither roads, nor concrete sidewalks, so they need not pay taxes for those services. If a neighborhood wants a service, they pay. Simple.

6. VESTED INTERESTS ARE GOOD FOR GOVERNMENT

Governmental decisions make, and break any business. Every single person is a vested interest who needs group cooperation in order to do work, do business, and thrive fincncially. It is vital for all vested interestes to be openly, and honestly involved in government,as a part of making a living, and enjoying life.

ONLY PERSONS WHO ARE VITALLY INVOLVED IN A BUSINESS, OR SPORT, OR ART, ETC. (VESTED INTERESTS) KNOW ENOUGH TO REALLY EVALUATE HOW A GOVERNMENT SHOULD FAIRLY COOPERATE WITH THAT INTEREST.

LRH mentioned that the highest motivation is duty. Money is the lowest kind of vested interest. Duty is the highest vested interest. The best vested interests are for fun and survival across all one's dynamics.

It is a scam to demand that government never be vested interests. They cannot help it. If honest business is kept out of government, it is impossible to prevent back room bribes whereby governments agree to brutally wipe out the honest businesses, and give very unfair advantages to criminal businessmen. Honest businesses will always get backstabbed because they do not pay the bribes. That scam has given business monopoly to the Illumi-Nazi.

EXCLUSION OF CONCERNED INDIVIDUALS IS SUPPRESSIVE.
IT IS A CRIME TO EXCLUDE HONEST BUSINESSMEN, OR CONCERNED INDIVIDUALS FROM PARTICIPATING IN THE GOVERNING OF THEIR PARTICULAR CONCERNS
IT IS SUPPRESSIVE FOR THOSE WHO HAVE NO CONCERNS IN AN AREA TO GOVERN IT.

7. RULES FOR SECRET AGENCIES

PER LRH, INTELLIGENCE AGENCIES MUST NOT BE PERMITTED TO USE COVERT PARTIAL CRIPPLING, AND BRAINWASHING METHODS WITHIN THE BORDERS OF THEIR OWN COUNTRY.

If you get caught, partially disabling, and brainwashing people, in a foreign country, why, you may quickly be hanged, and that is the risk of playing the James Bond game. In thine own country, there are regular courts, and police forces, who are perfectly capable of neutralizing any hostile foreign operatives, once exposed.

Secret police operations were used to unustly murder, or Siberiate millions of Russians. Today, in non-Soviet nations, domestic intelligence operations have almost entirely turned against their own people. If they do not want you to get promoted, or elected, or speaking out, they target you, and I mean you, for partial murder. You will soon be one very confused, and sick individual. If they want to wed, or bed an attractive woman, both she, and her more valid suitors are, covertly brutalized, and brought into line, without them even realizing that anything was done to them.

Mind control, and brainwashing is an international epidemic. In any given nation, one would expect to find thirty to eighty percent of the population, partially disabled by toxic injections, and brainwashing techniques applied during one intelligence project or other.

The problem with these chemical, or bacteriological partial murders is that they typically leave no evidence. Brain damaged people get reduced to working menial jobs, and they do not know why, with all their education, they can no longer think clearly enough to be effective in higher level posts. With the majority of a nation reduced to chronic sickness, and docility, groups of intelligence thugs find it easy to take power, and hold that power. The covert brainwashing groups themselves live in fear, because like Piranhas in a fish bowl, they feed on each other, brainwashing and crippling their associates. Former agents are typically trembling, psychotic basket cases, or groggy, tough talking half-wits, made so, by their co-workers.

The first step is to cut government funding, and ban the maintenance of large private security forces, which can act like an army.

8. ANTI-TRUST LAWS ARE SUPPRESSIVE

What are you supposed to do, associate with people you distrust? Anti-trust laws are unenforceable and must be deleted if only for that reason. All shoe stores in an area should form a Guild of shoemakers and shoe salesmen. That is the same thing as a cartel. It is righteous. Okay, so what about sports clubs, which buy matching shoes by the score? They should join these meetings, too.

The Commie idea of serving on a committee like a slave with no benefit for self is stupid. Governing is management, and there is always work involved. There should be fair exchange going on everywhere.

Excellent record keeping should show all actions of any governing body, so that it stays ethical. Rogue governing bodies, must be handled in ethics by their superiors, and juniors, just as suppressive individuals would be handled.

A common sophism by government agents is “If you’re so smart, why aren”t you up here doing this work.” I would gladly take over your kind of work, government agent, if you had not spent half a lifetime hammering out a monopoly of power, and if you hadn’t forcibly taken over all right to do that kind of work in your area. You would call the police if I did your work, would you not? All I am allowed to do is point out your incompetence, and soon, not even that.

9. FRIENDS ARE GOVERNMENT

Any time a bunch of friends gather, there is potentially a democratic governing body. Every group should be its own level of government, and a group does not interfere, but cooperates with the levels above, or below, and on all sides. Any time one governing body has trouble dealing with another governing body, just spot the reverse org board divisions, trace the source of the trouble, and handle the SP.

It is a criminal attack on society to say that friends and relatives should not hire each other, and support each other. What should they do, hire enemies? Marrying the boss’s daughter is a righteous act when it is honourably done. If the boss has no sons, he needs a smart son-in-law to carry on the business. Scios know how to prevent conflict between groups, so there is no danger of all kinds of groups and governing bodies being set up everywhere in a society, for any good purpose. IF ANYONE IS NOT ALLOWED TO INSTITUTE A GROUP WITH A GOOD PURPOSE, THEN ONE IS SUBJECTED TO A GROUP WITH AN EVIL PURPOSE.

The supreme government of a nation should also consist of a group of friends. It does. They hide that fact with fake debates, and PR scams. The government, of an entire planet would also consist of such a group. At the top of the world, you would find a community, which would be about the same size as any other community, both in population, and geography. The product of that community would be world government. Even the United Nations is run by a small group of friends who live in a community, and manipulate the entire show. All those speeches and all that voting, which goes on at the UN are PR scams.

10. HOW MANY PEOPLE CAN EFFECTIVELY CHAT BUSINESS

The optimum size for any discussion group is about Seven to Thirteen. This has been a workable datum for thousands of years that we know of. When it expands to about fourteen people, the group splits into two. Every member of a management discussion group also has an understudy who may attend, but participates only if the senior is absent. There is a secretary. Then, there is the visitors’ gallery, and visiting experts who make presentations. A governing body can be quite a busy group. Brahmins should be included throughout these groups for obvious reasons.

11. OPTIMUM SIZE OF COMMUNITIES

There is an optimum size for a community, which is about a fifteen minute walk from end to end. A community is a self-sufficient unit built around a center, or centers of production. A community has all facilities and stores it needs so that outside travel is unnecessary for residents. Everyone should have a car, of course, but a car is totally unnecessary for any ordinary community life function. We need to use our legs daily anyway, to keep our bodies alive. Goods and communications should travel on wheels. People must not be forced to travel in that way. The community is self sufficient in terms of communication, entertainment, food, finance, education, employment, health, fire protection, security, fitness, recreation, ethics, religion and any other thing, like clothing manufacture, and building material. A community must contain all services required for a comfortable, modern lifestyle. A community should certainly grow its own food. Above all, a community must have its own Org Board and its own governments, for every level, from the individual on up.

A community has a theme. It may be an airport, manufacturing, entertainment, mining, tourism, whatever brings in the bucks. A community is actually a collection of Orgs.

Every community, these days, can have its own short-range radio, and TV station, and its own newspapers.

A community grows until it reaches maximum population, (yet to be determined by future research) then it splits into two. Communities may grow upward and, with new technology, downward, into the Earth. A Borough is not an overgrown community. It is a group of communities operating side by side and it has a senior management community. The senior management community does not take over any of the responsibilities of the individual communities. It deals only with the specific level of services connecting communities under its jurisdiction. If all the communities share a garbage dump, then the Borough administers that. The Borough government normally never interferes with community government. RULE: WHENEVER SOMETHING CAN BE GOVERNED AT A LOWER LEVEL, IT SHOULD BE. There is always separation of powers. RULE: SEPARATION OF POWERS KEEPS THE MANY LEVELS OF GOVERNMENT FROM FIGHTING EACH OTHER. RULE: APPLICATION OF THIRD PARTY LAW, AND ARC KEEPS GROUPS AT THE SAME GOVERNMENTAL LEVEL FROM FIGHTING.
RULE: ONE SHOULD ALWAYS PARTICIPATE IN THE GOVERNING OF ANY OF ONE'S CONCERNS, AND NOT LEAVE IT UP TO OTHERS.

12. GOVERNING BODY DEFINED – a group of seven to thirteen friends, and their deputies, (if they have deputies), gathered to gain agreements, in a pan-determined manner, to serve their own vested interests, as well as those of their underlings, in an optimum manner, across the dynamics. The minimum number for a governing body is three.

13. A MEAT BODY HAS LIMITED NEEDS

How causative can a meat body be, anyway? It can control a community, and its products. That is how causative it can be. Some community products may take terrific skill, and theta power. A media community generates a report, which affects an entire nation, but it is still merely a community, run by meat bodies. Nashville has a music community. The whole point is that the community is an efficient unit for a person, any person, to control, and inhabit. One man can only eat so much steak. He can only attend so many parties, and can only raise effectively, so many children, (probably less than one hundred fifty). There is no ordinary human need at all that cannot be supplied by a community. GEMUTLECHEIT is the German word for the cosiness of a self-sufficient community, and gemutlecheit is a very happy, valuable and comfortable thing indeed.

Hobbies, vacations, special hands on training, and any number of specialty items involve travel. That is just fine. Work, food, church, school, family, and home life should not involve travel. RULE: IF A LOT OF PEOPLE START TRAVELLING FOR A SERVICE, THEN THAT SERVICE SHOULD BE MADE AVAILABLE WITHIN WALKING DISTANCE IF AT ALL POSSIBLE. The Bible stated that in the last days, many people would travel to and fro. That was a prophesy of the curse of commuting which was recently imposed on the world by the Illuminati. Commuting disrupts the social fabric, and causes total dependency on the petroleum and the automobile monopolies.

Every village, and every community should have an open market place, where anyone may bring their goods to a booth to sell, like for a swap meet. A booth in the market should cost next to nothing. If someone's business gets too big for the market, he must leave, and must set up a store somewhere. Store owners must never be allowed to demand that the small marketers be shut down, or licensed. That is suppression.

A self-sufficient Community is a fantastic economic advantage. It is very easy to prosper in such a place because it is so efficient. Every service is within easy reach. The reason the Illuminati attacked the Community in the first place was for greedy economic interest. They stole the natural prosperity of the Community, and left us with slums.

14. FOOD SUFFICIENCY

With the present day advances in biology, it is very easy for a community to be self-sufficient in food production, even if the area consists mainly of skyscrapers. Radionics, homeopathy, and other technologies have advanced to the point where no weed, insect plague, vermin, bacteria, nor virus can threaten a community ecology. There is available technology to solve almost anything.

15. LEVELS OF GOVERNMENT – EVERYONE IS A GOVERNOR IN CHARGE OF SOMETHING, OR MANY THINGS IF ONE CHOOSES. IF EVERYONE GOVERNS, THEY HAD BETTER LEARN TO DO IT RIGHT. Even a dog has responsibilities and decisions to make.

Even a dog must be consulted and obeyed from time to time. Junior Scio staff, of course, generally got far less respect attention and cooperation than a house dog gets.

A gradient of government might go, approximately as follows:
Minor
Individual adult
Family
Neighborhood
Org
Village
Community.
Borough
Municipality
Shire
City
County
Duchy
Province
District
Kingdom.

If anyone wishes to address a concern at any level of government, all he needs is to visit the place with his CSW, and chat with the handy little group of friends governing at that level, or join them. Whatever you do, you never allow so big a gradient of government that you have government of the masses. When you say, “da masses, or da woikers”, you are talking demagogues, degrados and reverse Org Board. In theory, the biggest beings would gravitate to the highest levels of government. The bigger the being, the more the inclination, and the more ability to uplift the lower classes, instead of degrading them further.

16. OVER WORK CAUSED BY TOO STEEP A GRADIENT OF GOVERNMENT

Failure of a large city government to delegate responsibility results in shocking, and horribly foolish workloads. At a typical city council meeting for a city of over half a million people, there was a fifteen hundred-page stack of printed items for the day’s agenda. No council member can read and understand fifteen hundred pages in a few minutes of study. Stupidest thing you ever saw. On looking them over, none of those issues should have been on the city agenda in the first place. Those issues should have been handled at a Neighborhood level, Community level, or a Borough level. The Mayor should not ever have to hear that Mr. Jablonski wants easement to build his driveway twelve inches narrower than bylaw specifications because the sun porch is in the way.

The seizure of power by big city councils caused the problem. They wanted to be “Da great power dat ruled da masses.” They amalgamated surrounding towns against their will, then, governed them badly. A subject like the swinging rope on the tree down at the swimming hole should be handled at very low levels, and if there is a mistake made,

then that mistake should be corrected at low levels. THERE IS A MYSTIQUE (A LIE) ABOUT PASSING DECISIONS TO HIGHER AUTHORITY SO THEY WILL BE MORE CORRECTLY HANDLED. SINCE HIGHER AUTHORITY IS OUT OF TOUCH WITH INDIVIDUAL NEEDS, IT MAKES WRONG DECISIONS, NOT BETTER ONES. The neighborhood must take full responsibility for that swinging rope. If it is frayed, the Mayor should not be the one to replace it. A group has the right to be corrected by their superiors but when the corrective action is over, that group still governs itself.

17. RITES OF PASSAGE

Neither monkeys nor criminals, nor psychotics have any business leading any groups. Since the lowest level of self-government is the individual, there should be a list of responsibilities and rights for the individual. Before one governs above the family level, one should be able to read and write. Robert's Rules of Order, and the OEC should be required training for nearly all levels of government. Higher levels will require more qualifications, a certain case state, and so on. This is not a serious training burden. With tech writing, the training is a few weeks, or at most, a few months work.

18. COMMUNITIES SOLVE POLLUTION

A walking-distance, self-contained community can be designed to recycle everything, like those communities in Denmark, or the Orient. Denmark is the size of a large city, yet it has enough dairy industry to sell cheese all across the world. Primitive Chinese communities recycle every single thing. Western culture can catch up and learn to do the same. Proper recycling is planetary salvation. Recycling becomes practical, and easy when the grocery store is just down the block, and the containers are not made of paper, plastic, nor aluminum. If neither pesticides, nor toxic chemicals are allowed in, or near residential areas, even the sewage can be recycled.

Up until recent decades, a grocer was someone who bought food in bulk containers, then portioned it off into smaller containers for each customer. His food had to be fresh. Most containers were recycled. In small towns, fifty years ago, in Canada, the garbage was picked up only every six months, and there was very little to pick up.

Current recycling fraud consists of driving five miles to a bottle depot with a car full of stinking containers. That is not recycling at all. That happened because all the little community breweries were destroyed by government conspiracy, and the conglomerates set up mega breweries to bottle a million beers per day.

Governments show their insincerity when they praise recycling but disallow scavenging at dumps, and at lumber cutting areas. There should be a law that castaway items be marked whether they are polluted or not so that they may be considered for salvage, or for parts. Organized scavenging could provide employment for criminals and those few who insist on being on social programs. It seems that some space age societies

had a non-polluting disintegrator, which rendered picked-over garbage suitable for clean landfill.

If you live in a real community, you have very little use for the greatest polluters, which are, paper containers, the automobile, and the internal combustion engine.

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19. LAWMAKER TECHNOLOGY (4D)

Lawmaking is a techno job, not a leadership job. Many leaders have no clue as to what laws would be just. A techno must be the leader's minister of justice.

All laws and bylaws must be tech written so that anyone can understand them. That way, anyone can be a lawyer in a couple of months. All laws must be based on one or more principles and those principles must be stated as the preface before the law is stated. In fact, if the principles are well enough stated, the law need not be written up at all. When a principle no longer applies, then that law has ended its usefulness. That implies that there are proper times exist to break any law. Any law not based on a principle must be deleted. The era of the unprincipled lawyer will pass away. Hundreds of volumes of worthless legislation and precedent can be dumped in every country. No one is allowed to transform a principle into a ritual. Anyone who cannot operate with principles may not work in law enforcement, nor any legal profession.

The proper use for most police agencies is to train all responsible community members, in legal principles, so that they can police themselves most of the time, and rarely ever need to call the big station. That way, the police can count on unlimited numbers of deputies, and probably never need them. Force would almost never be used.

All contracts must be based on understandings. There would probably be four columns in every contract, one column each for Affinity, Reality, Communication, and Understanding. There is always, really a fifth column in all contracts. That is the terms of enforcement if the contract is not honoured. All standard contracts should be simply tech written.

Since there is no Scio punishment, (Life punishes the evildoer enough.), there is no such thing as the right to remain silent in a Scio court (There is no coercion to communicate either.). If a person refuses to communicate, then a lower condition must be arbitrarily assigned as a best guess, plus an suppressive declare, usually. The only hope a being has is to assume the proper ethics condition, take up the proper learning, and choose a correct occupation no matter whether their ethics condition is high or low. The Ethics officer has the job of getting a person to cognite on their actual ethics condition, and if they are unable to cognite on ethics, then they must be allowed to gently develop awareness on a gradient until

they are able to conceive of ethics. The most evil ones can not confront much, so help for them must be of the most gentle sort possible, very slow, with lots of allowance for comm lags.

The lower ethics conditions are a stop phase. They are designed to stop a person from causing harm without using force. (The postulate to stop is also the door to insanity, but only if it includes the intention to harm.)

Force is perfectly acceptable to stop a serious crime while it is being committed, and errors in judgement must be forgiven. You often cannot think well during the stress of a physical threat. Thinking was not one of the virtues of the Knights of the Round Table. Thinking was to be done after the battle was over. When order is restored, then it becomes a matter of ethics again.

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20. ONE WAY FLOWS

One-way communication – as in lectures, and sermons (Meetings were held in circles, at round tables, or in bowl shaped rooms to equalize flows.)
One-way justice – as in shit flows downhill.
One-way orders or commands – as in I will give the orders around here.
Authority – as in, the inquisition versus Galileo. Fixed position for fixed ideas, chaotic position for chaotic ideas.
Supervision – as in you work, I watch Enforced absence of supervision – to assist crime.
One Way Respect – lower ranks grovel
Non Productive Status – as in leisure classes, and welfare states, where some work, and some party, or slavery – working without pay.
Monopoly, of Ownership – as in, property owners and peasants.
Armament and Force – As in, big government is the only group allowed to have armament, or to use force.

There are other one way flows cultivated by the Beamers.

CHAPTER 20
BRIEF NOTES ON HISTORY, FROM THE VIEWPOINT OF FOURTH DYNAMIC CONSPIRACIES

About five quadrillion years ago, there was a religion. (This is the British Quadrillion, which has 48 zeros. It is a trillion trillion.) The old religion covered a great many subjects, as religions do today, but one

small portion dealt with prophecies regarding salvation from the spiritual decline which beings were experiencing even then. The prophecies, back in those times, included LRH, other religious leaders, and millions of other future events. Prophecies were often communicated, by holographic motion picture machines, constantly replaying, in a room, which one entered, for the show.

The old pre-galactic religion prophesied the formation of planet Earth, and the salvation, which would originate there. They included the crucifixion of Jesus, and images of some of Earth's saints, and of course, countless other things. Jesus, the Buddha, and others, were to undertake a mission to prepare this world for some events to do with the salvation.

About a quadrillion years later, Xenu and other top suppressives devised and built the Helatrobus Implant using the theme of the future crucifixion, as well as a symbolic Heaven and Hell. They even built the planet, Helatrobus to look much like the future Planet Earth. Nothing is so aberrative as an enforced truth. The implant had a twofold purpose. One was for thought control and enslavement. The other purpose was to guide suppressive forces on future Earth so that they might thwart Jesus, and prophesied salvation events.

There were apparently numerous key points where the future could be changed. Herod's massacre of the Jewish babies was one attempt at thwarting Jesus. Perhaps Jesus has been thwarted by some other, of these projects, perhaps by the Jewish Holocaust of World War II. At any rate, LRH has appeared, on time, has worked, and has gone on his way, apparently as one major contributor to the salvation theme, or maybe, as the master of it.

I was running an ARC Break engram when I encountered the following incident, how the MEST universe began. If you were not among the quadrillions who lost their universes at that time, you missed the show. Most, of the more distant beings, never got involved until many trillions of years later. Here is how it happened.

It was very popular, for a very long time to have one's own universe. Personal universes were soft, and fluffy, for the most part. You made a beautiful universe, and had guests dropping in from other personal universes. It was a social event, which was a lot of fun.

Some very big beings took on the responsibility of overseeing the activity of our universes. A bunch of the suppressive big beings got together to make war universes, very heavy, dark, metallic universes co-created by large groups. The war universes coerced tribute from the soft personal universes, which were smashed if they did not cooperate. These were the original Nazis with their tanks. Nazis love to invade.

Personal universes were coerced to join all together with fixed comm lines like highways in space. Some of the top officers of the war universe armies were later known as Adolph Hitler, and Judas Iscariot. Their invasion plans would eventually have enslaved all personal universes.

One of the big beings, later known as Jesus, grabbed all the war universes, as well as all the enslaved universes, with theta intention,

smashing them all together, to make the MEST universe. One big ARC break engram is when you lose your personal universe. Jesus told everyone that this was better than being enslaved forever, and at some future time, it might be possible to recover, and repair all the damage. The mass of the billions of crushed universes developed gravity, and pulled in one personal universe after another, right until this day. Adolph, Judas, JC, and trillions of others have continued their scrap in this MEST universe ever since.

One might suspect that JC, and Adolph, to name a few, were third partied by someone, perhaps Xenu. There is no way Scios could take sides because the entire bridge is apparently available to anyone at this time You can't keep Scios in. You can't keep anyone out either. The subject has sort of taken off into the air.

The following seems true. Pull out your meter, and check it out if you can.

This planet was a meat ranch during the age of the dinosaurs. The atmosphere was so thick that it actually buoyed up the giant dinosaur bodies. The pterodactyl had a bone structure, which would make flight impossible without the dense atmosphere. The pterodactyl breastbone is so weak, it would have been torn apart by the powerful breast muscles of a modern bird. It was a flying spear with a deadly giant beak, which could probably stab right through a man, and probably did, now and then.

The Dinosaurs grew very rapidly under the ideal conditions. A mature beast could have supplied a small space fleet for a time with fresh meat.

It seems that Xenu had a new use for this planet. Perhaps he bought it. Perhaps he merely attacked it from space. Someone killed off the Dinosaurs about 90 million years ago, which is attested by the Alvarez Layer, a creamy white, planet wide geological layer, slightly less than half an inch thick. Most of the atmosphere was taken off at that time, leaving the thin sort of stuff which we breathe today.

Xenu and his strong band of followers had immense wealth. Xenu had a giant silvery metal sphere built and waiting. The sphere was a fully equipped little world with a central sun, and everything that was needed to sustain a civilization of sorts for hundreds of millions of years. There was no door. The metal of the sphere was continuous throughout. The only way to get in was as a non-material spiritual being. This sphere was an ideal secret base for OTs.

There were no people alive on Earth after the great dinosaur die off, so the insertion of the sphere into the planet was successfully secret. The diameter of Xenu's sphere was about the size of the Gulf of Mexico, in fact, there is a slim chance that the sphere entered the Earth's crust at that point. Regardless of where it went in, the sphere was gently inserted down into the orange and yellow magma layer. There, it drifted, undisturbed, in the hot fluid rock to this day. It seems to be floating under southern Yukon at this time.

The Wall of Fire Era is marked, by a worldwide geologic layer, of brown sandstone, which is usually four to eleven feet thick. This layer is

called the Kneehills Tuff. Kneehills was an old, now demolished Railway station two miles west of Drumheller, Alberta, Canada. It was one place where the sandstone could be seen, just up the hillside, forming the flat foundation of the plateau. The Kneehills Tuff is found about sixty feet above the Alvarez layer on those hillsides. Many buildings were constructed of Kneehills Tuff in the early twentieth century.

Geologists will tell you that the Kneehills layer is not sandstone. It is a congealed layer of volcanic ash. That is what the word tuff means. They were close. The hydrogen bombs of the Wall of Fire covered the globe with that much radioactive fallout. For about seventy million years, there was very little life on earth. There were almost no fossils from that period. (The "Oligocene Era" means the time of very few fossils).

A million or so years ago, great herds of giant hairy elephants were cultivated. The sabre toothed tiger had teeth specially adapted to hunt the elephants. He would drive his fangs into the animal's back as an anchor, so that he could ride the galloping beast, stabbing again and again. With fangs and claws dug in, he could not be dislodged.

There were hunting lodges. You could hunt, for mammoth steaks, with your blaster. You could slice meat for a barbecue with your sword. One daring pastime was to stand in front of a stampede of elephants, (okay, it was done once, unintentionally) then leap onto the back of the first one, holding on by the very long tough hair. After a day of adventure, you could check in at the Holiday Inn for a shower and cocktails. They did not call it exactly Holiday Inn, but something like that. The tourists often did not know there were evil things down there under the ground, and in the air.

The secret sphere base is in use to this day as a gathering place for Xenu's conspirators. Adolph Hitler claimed to have come from this underground place. The beings who partake in this conspiracy call themselves the .. I feel it is not wise to write this name so I will spell it with words… Vee Ar Eye El.

A secret base is vital for a conspiracy. Incident two of the Wall of Fire was organized, and managed from the secret sphere base. The New World Order's top management would be run from this base.

More than a hundred thousand highly trained conspirators with psychic powers are telepathically dispatched from the base. They are generally still capable of leaving their bodies, to report to their seniors in the base. These are the same beings, who worked with Xenu for a hundred million years, or even much longer, perhaps as far back as incident one, some quadrillions of years ago.

Middle management of the dark forces is a larger group controlled from nuclear hardened secret bases, usually about two miles below surface. Among them are reptilian telepaths who typically run two bodies, one below surface, and one on surface. Criminal reptilian surface teams are unbeatable because they are telepathically monitored, and controlled by groups meeting below the surface. They need not communicate to each other on surface; but they can and do support each other in ways, which humans can never understand. They promote each other to high positions

of power. Reptilian police chiefs prevent investigation of fellow criminals. Reptilian judges disrupt prosecution of their fellows. The Mafia operates unscathed. There are no limits to the twists this criminal race can impose on societies.

The sub-surface reptilian body is usually about seven feet tall, dark green with big white eyes located near the top of the head. There is a wide toothy mouth. These beings are said to be shape changers because the mock up of the reptilian body can be superimposed on the genuinely human surface body, making quite a startling vision. The current president of the United States is said to be a reptilian. Reptilians can be identified, by looking, with theta perception, at the individual's body, especially during moments of stress, or love, and observing the faint mockup, of the reptilian body. If you run more than one body, the mockups of all your bodies manifest with every other body. The reptilians share a goal of vengeance against all mankind.

Typical reptilian missionaires were Randolph Hearst.and Napoleon Bonaparte. Their relatives were also reptilians. Fellow reptilians protected young Randolph and young Napoleon during childhood. Hearst was outright given money to buy his newspaper empire because his mission was known since before he was born.

Napoleon's reptilian sisters designed his name for him at birth, knowing that it would hint at his devilish mission to bring war to all of Europe. It means, "The new angel of the bottomless pit." Ref. The Book of Revelations.

Otto Von Bismark was a body snatcher. His agents knocked the young Otto unconscious, and the new, and intensely evil thetan took over the body. This was a wide open secret.

Reptilians are gloaters. Mass torture and slaughter releases admiration particles, and genetic energies, which seep downward through the earth. Places, of mass torment, like mental hospitals, concentration camps, or prisons, are specifically run, by reptilian supervisors, to feed psychic/genetic death energies, to their buddies in portable underground temples, down in their tunnels. It is no accident that places of great suffering are regularly set up by probably every government on Earth. Some of these torture zones, such as that created by Cambodia's Pol Pot, are denounced, but many remain undetected. The torturers are, of course, well protected, from society's revenge.

Lower levels of earth's criminal management are ruled by suppressive humanoids. These beings typically belong to one of the hundreds of secret illuminati controlled groups. Every university trained profession bows, knowingly or not, to the illuminati, which is why every profession delivers so much harm along with a few vital services. They are all deeply flawed because every profession on Teegeeack is redesigned not to serve mankind but to dominate mankind. The Illuminati groups are all secretly managed, by OT's, who come from below the surface, or from off the planet.

The hundreds of humanoid Illuminist groups are governed, near the top, by powerful sorcerers and implanters. They train constantly. They

seduce their membership with bribery, whores, fame, status, and power. They guard the secrecy of their crimes with blackmail and murder. Their secret societies have controlled the earth ever since the colonizations from the stars.

A chap named Lucifer was the former ruler of this universe. Lucifer absolutely lost the ability to rule the universe due to a series of defeats and implants. He could still assist governments, and teach some wisdom. Nearly Six thousand years ago, Lucifer was on a space ship on some mission to earth. His men were divided into three equal groups, for better magement of GPMs. According to legend, there were the Soldiers of Light, the Soldiers of Darkness, and the Neutrals.

There was a conspiracy aboard the vessel. All handguns were called in for servicing. All hip blasters belonging to Lucifer and the soldiers of light, were neutralized in the armoury by the ship's gunsmith, then, returned to their unsuspecting owners. Lucifer and his thousands of loyal officers were captured, electronically tortured, and their bones smashed, then they were dumped out the ship's garbage hatches. LRH led the coup. Per legend, Lucifer fell on Golgotha. Per legend, it rained angels for three days.

At the time of his fall, Lucifer had a pale, tall, strong, other worldly body with handsome ivory horns. That was bad PR. It was easy for both him and his general, Leviathan, to be historically labeled by their enemies as Satan and devils. Lucifer went on to become various, often famous, historic characters on Earth.

Lucifer, when he fell, was so brutalized, and degraded that his powers were severely curtailed. His powers had been weakened enough so that he could be considered human, for the first time, in his existence. Per the Arthurian Legend, the Bible is wrong on the following points. Adam was not the first man. Mankind has been around for trillions of years. Jubal was not the first musician, and Nimrod was not the first hunter. Adam was actually Lucifer's first identity as a man. Jubal was Lucifer trying his hand at being a musician, for the first time. Nimrod was Lucifer, finding out what it was like to live as a hunter. This information was probably either lost in translation, of the Bible, or was too incredible to be accepted by translators. The greater the truth, the more incredible it becomes.

The tarot, if one may interpret legend some more, is a pictorial history of the fall of Lucifer, over the past millions of years. It is read from the top down, with the most powerful cards first, and the lower cards representing later times. In other words, the tarot is a record of the death of God, and is a loose list of identities, and lifestyles, which God would have passed through, on his way down, perhaps to Hell. The lost fifth suit of the tarot would probably have been too risque, perhaps highly pornographic, at times. At any rate, it was lost.

The Bible is a chronicle of the errors, and losses of a powerful God, who lacked tech, and knew it. He failed to gain that tech from the tower of Babel. I don't care what the Bible says. That Tower of Babel was Jehovah's failed project to gain the tech to restore fading spiritual powers

for himself, and for mankind. Since it failed so badly, it's construction was attributed to others as a typical PR lie. In the book of Zedechiah, Jehovah admits that he made another mistake. He states that the sufferings of the Babylonian Captivity, of the Jews were far greater than he had anticipated. He also made a mistake, when he put Saul on the throne of Judah. Jehovah complained, in the Bible, literally hundreds of times about the decline of civilizations, which he ruled, but it was all stated as a service facsimile, blaming it all on the the evils in the hearts of his people. He simply couldn't figure out how to prevent that decline, of civilizations, and it drove him nuts.

Everyone knew God was dying. Neitzche said nothing original, when he announced that God was finally dead. Did someone say that celebrations were in order?

Upper level Buddhists will tell you that the tarot is not merely a record of Lucifer's fall. It is a closely parallel record of your fall from some super high spiritual status, through a loss of super powers over unimaginable lengths of time, through forgetfulness, and into your current pitiful human state.

The sinister thing about the tarot is that the word means "Wheel". The name seems to hint that it concerns a circular action, which starts all over again, in some unspecified way.

Some of Lucifer's other names were, Melchizedek, Jehovah, Siva, Essau, Joseph, Moses, Joshua, King David, Menelek, nearly all the lesser Old Testament prophets, and Hiram Abiff, (LRH was all of the Five Great Old Testament Prophets, and the god, Baal, by the way.). Lucifer was also Chronos, (Quirinus), which translates as The Horned One. Chronos was not concerned with time at all. His name, which referred to his horns, was merely a homonym for the Greek word for Time. To this day, the astrological symbol for the planet, Saturn, has a set of horns. Current Bibles falsely translate Chronos as, "The Ancient of Days". Other holy books erroneously call him Sanat Kumara, which means the same thing. Chronos was the God Saturn, the Buddhist saint, Ananda, Socrates, Nebuchadnezzar, Cyrus the Great, Jesus, John the Divine, Merlin the Magician, Mohammed, Columbus, Louis XVI, and Thomas Paine. There are numerous other fragmentary lists of this being's names available from mystic literature. It should be easy to gather more names with a little research. Some of the names, you might get from your own whole track auditing. He seems not to have appeared in the twentieth century, which should be no surprise if he was dead, as Neitzche said. It is said that when all the names of God are known, then the world will end.

Those who profited, from the defeat of Lucifer, rule the world today. Every organization founded by Lucifer, in his many lives on Earth, has been infiltrated, and taken over by the Illuminists. There have been so many confusing historical lies introduced that members of the hundreds of Illuminati dominated professions and societies can not tell for sure whether they are serving God or Satan, The truth is that these groups are all full of, often misdirected, benevolent intentions, at the bottom ranks,

and full of evil Reptilians and Satanists at the top ranks. They murder those honest members who recognize the overall pattern.

It was common knowledge in Ancient Greece, that beings might run more than one body. The Goddess Hera was called The Triple Goddess because she had three simultaneous identities. She was not Lucifer. One of her famous identities was Hatshepsut, the cat goddess of Egypt. (Her name was pronounced very much like the English transliteration, "Hatcha Puss a khat".) That cat could speak the Egyptian language just fine. Archaeologists have trouble reconciling the fact, that the foremost nation of the world, at that time, Egypt, was ruled by a cat.

The Greek Gods, and later incarnations as Norse Gods, were the officers from some fortified space bases. They partied a lot, and were rich from the taxation of the humanoid population. They claimed high holy spiritual status but were flagrantly out ethics. The myths about them were basically true but they were somewhat altered by PR. Under their misrule, Egypt declined, and was then conquered, for five hundred years by blacks from Ethiopia, under Jehovah.

Prometheus, for example, was not the inventor of fire. He had the effrontery to invent space drive and space age electronics (Electronic Fire), at a time when the Greek Gods were suppressing Earth technology. Accordingly, the Gods proceeded to torture him, for being too smart.

The God, Vulcan was falsely said to have had a fall, which crippled him. Vulcan was in the business of preparing more torture for the chained Prometheus when Prometheus must have caught hold of him, and wrenched his knees and elbows almost to pieces at the joints, and smashed many bones, and teeth. There was a lot of telepathy in those days. The other Gods and a lot of others knew immediately what was happening. Rescuers came quite soon. Prometheus had left enough life in the agonized Vulcan so that when rescue came, he was just barely able to heal, and not die. The cowardly Zeus drew his blaster, and ended the life of the laughing, defenseless Prometheus. Their star torturer, brutalized almost beyond recognition, Vulcan, cried a lot, for a while. He spent the rest of his life in a motorized wheelchair, working with his one usable arm.

Mercury was a lazy suppressive. Apollo, was a mass murderer and maker of deserts, The drunken Bacchus could get nothing but disrespect from his flock. The famous personality flaws of the Gods are too many to list.

Jehovah had his own famous flaws. He would build a nation until it chafed under his control, then he would have that nation invaded, and mainly reduced to rubble, so that he could start all over again. When Jehovah was at his best, he was a bright blue star, looking very much like a welder's arc, only a thousand times larger. When the Levites managed to call Jehovah to the temple, and the key him out with some ritual or other, that blinding blue light would come blasting out of the door. The Levites would come running out in fear for their lives, very sun burnt and a bit scorched from the intense light. The Star of Bethlehem was nothing but

Jehovah, out of body, and somewhat keyed out. Romulus was said to have become a similar star.

There were two separate civilizations tracked in the Bible, the civilization of Israel, and the civilization of Judah. Israel was essentially tribes often under the command of Zeus, and his incarnations. Judah was often under command of Jehovah, and his incarnations. Zeus, and Jehovah had a love-hate relationship for about thirty thousand years that we know of. Zeus was the treacherous manipulator, Jehovah, was the fool, who kept coming back for more losses. Before that, Jehovah was very brutal to Job, or Jove, (an incarnation of Zeus) (The Levites, who operated the temples of Jehovah, were led by Zeus (Baal). Other nations were some-times governed, by Seth. Rulership of ancient nations seemed to alternate a lot among these three beings, as well as other powerful reincarnating beings, both good, and evil.

At one time, during the era of the Greek Gods, Jehovah was very rudely treated by the tribes of Israel, and so informed them that he refused to rule over them any more. They would have to fend for themselves, not only that, the union between Israel, and Judah was cancelled. The ten tribes of Israel were told to get lost, which they promptly proceeded to do. No use hanging around, when the big guy finally caught on after those thousands of years. Ref Zedekiah 12:9

Salic Law meant the law of Solomon, regarding the maintenance of royal lineage. In order to be a true king, an individual would require a body directly descended from King David. Lesser Nobility would have lesser degrees of direct royal descent. That was the theoretical basis of noble rank for the last thirty five hundred years, or so.

Solomon's thousand wives were princesses drawn from throughout Europe, and Russia, probably even Japan. It was said, he never slept. Solomon was an incarnation of Zeus. The girls would probably have been sent back home, when in a pregnant condition. Even the Queen of Sheba travelled to Jerusalem to bear a royal child. Her son, Menelek, built Ethiopia into the largest empire on Earth. Black men were the masters of the world's oceans, for some centuries, because of Menelek.

There was a female royal lineage, which, in theory, descended directly from Eve. It would have followed similar Salic Law regarding female descent. The royal genetics of both, the Davidian, and Evian blood-lines, were said to enable certain psychic abilities, which were of importance to both male and female rulers. The Evian, and Salic descendants would probably be required to live far, far apart, to prevent inbreeding. They would intermarry only about once, every few thousand years, if ever.

There was an imbalance of male to female rulers on this planet for two reasons. One reason was that raising the average fifteen or so children was a full time job, with a garden to tend, and clothing to sew, big meals to cook, and all that. Women were tougher then. If you asked a woman to vote, she would have laughed in your face. Are you kidding? When is there any time for that kind of trivia? Rulership? That job often takes sixteen hours per day, and you come home half dead, each night. The

other reason was that this is a blue planet. Blue is the colour of a boy's room. Jupiter and Mars are red planets. I wonder who rules them. Times change, as the work changes. Women would have gotten the vote anyway. The upset happened because the slow thinking bureaucrats did not realize that women were not raising children any more.

Very likely, royal genetics would have rendered both male, and female genetic royalty, and a lot of our nobility, somewhat immune to BT infestation, or maybe they had a usable third eye. The practise of circumcision was probably a crude attempt to ensure that the third eye was forced open, by permanantly stimulating that body meridian. If you apply circumcision to royal lineage, you probably get very powerful psychics and magicians.

The etymology of the words, Rex, reign, and reginus, means the reborn individual. Kings, and nobility, for thousands of years, would return to their royal families, after death, to be reborn as their own children, or grandchildren. Entire royal households, including the servants, were essentially, reincarnating groups of friends. Since such reincarnating beings had many lifetimes of experience in ruling nations, they naturally made the best leaders. They were born very wise. The goddess, Tanit, was famous for her reincarnations, and returns to royal duties. .

The word, "Lord" simply means the learned one. People went to the temples to gain wisdom, not to bow, and cringe.

Reincarnators could rule far better than any so-called democratic council. The "Divine Right of Kings" originated with the terrific mind powers of reincarnating descendants of Gods here on Earth. Later, in history, when people ceased to believe in reincarnation, the Divine Right of Kings could no longer be explained, and was therefore abandoned. The royalty had lost most of their magical spiritual powers anyway.

The decline of European royalty was due to the loss of abilities, of the top theta beings, to control reincarnation. More royal houses began to get moronic, hemopheliac, and suppressive princes. The true kings were very often assassinated. Reptilian body snatchers began taking over more royal families. Royal genetic psychic imbuements were diluted, and weakened, by out breeding, and in breeding.. It was said that the reptilian race developed their own special royal genetic strains, which were often enthroned either by coup, or through marriage. The Salic lineage was the one preferred, now and then, by the God, Jehovah, but it seems to have vanished.

The Son of God phrase was a way of indicating that Jehovah was operating that particular body called Jesus. According to legend, Jehovah was also John the Baptist, thereby running two bodies simultaneously that we know of, and probably a lot more. Saint Paul's claim that Jesus was God's only begotten son was a load of lying crap, totally contradicting Jewish traditional belief. Saint Paul was actually a suppressor, who replaced Judas. St Paul's suppressive activities were very much denounced in the Dead Sea Scrolls. For some reason, the thirteenth

member of a group like that was traditionally a suppressor. Loki was a similarly posted SP, among the Norse Gods.

Jesus was not crucified because of the demands of the Jews, by the way. He was crucified because of the demands of the Parsees. The Parsees were a religion of so-called fire worshipers. Their name was re-spelled Pharisee in the Bible. Due to migration, under the Roman occupation, many Jews had left Judea, and had built their synagogues, in distant lands. The Parsees had become so strong, in Jerusalem, in Jesus' time that they took over the temple for their business use. The Levites, (the hereditary keepers of the temple), were not running the temple anyway. They were all off worshipping Zeus. The Zoroastrian (Parsee) religion was very competitive with Judaism, so, it took over that neglected temple. The Parsees are excellent businessmen to this day, as good as any in the world. There are only about 120,000 of them left at this time because of the depradations of the Alexander the Insane.

Alexander was a stupid jerk. He could never have developed a great nation. The greatness of Macedonia was achieved by the organizing genius of his father, Philip the Second. Alexander was a body snatcher, and a brainwashed robot. Reptilians helped to murder his father, Philip the Second. Reptilians organized a coup for Alexander to take over Macedonia from his brilliant older brother. Alexander's supposedly great general staff were a team of reptilian agents with the full force of an underground empire backing them. Their mission was to destroy the glorious Parsee civilization, and then to set up vicious, despotic kingdoms for themselves. How much Zeus's operatives helped, in this international disaster is not yet clear.

Randolph Hearst seems to have been one of Alexander's top three generals. Napoleon was probably another. In Jesus' time, the Middle East was still recovering from the Alexandrian holocaust.

Herod was a Philistine or Arab king, who had been enthroned, over the Jews, by the Romans. Everyone knew Jesus was coming, that is, if he had survived Herod's massacre of the Jewish babies. The original Herod was dead, shortly before the grown up Jesus showed up in town, but his agents were still on the lookout. The incident of Jesus making a fuss in the temple was exactly the excuse Herod's men needed, to begin the process of killing Jesus in a safe legal manner. The now corrupt Parsees obliged, by providing needed moral support. A kangaroo court was held in the middle of the night.

The real Jews of Jerusalem were actually very fond of Jesus. To the Jews, Jesus was merely another in a long historical string of prophets, and, for them, life was just going on as usual, only better when Jesus turned up, on time.

The Book of Mormon continues the expanded history of Christianity. Vikings were involved.

The Vikings were a typical Illuminati scam. They secretly fished the Grand Banks which meant unlimited food supplies almost for free. The rest of Europe was struggling very hard in those days to raise enough to eat. That Viking food supply would today be equivalent to the global

power a nation could have if it had petroleum monopoly, and electricity for below cost.

With their increased leisure time, the Vikings proceeded to develop armaments to conquer the world. They constantly raided European, and Russian coasts and riverbanks. They took over the white race, which inhabited North America at that time.

Vikings had steel swords and armour, superior weapons to the Indians. Viking demagogues led the whites to invade the Indian nations to the south with the intention of exterminating them.

Ray weapons were secretly produced, by unknown people. The Mayan ray gun was a huge pottery disk about nine feet in diameter, and about two feet thick. The rays issued out of a flaring, trumpet shaped center hole. These weapons were brought out, by the thousands, from Mayan temples, which had vast secret tunnels, below them.

It took several men to handle the disk weapons. They had a lethal range of up to a mile. Long lines of ray weapons drove the entire white race out of the continent of North America to the State of New York were they were cornered and exterminated. This was a tale told in the Book of Mormon

The ray weapons continued northward, exterminating Viking settlements throughout Labrador, Newfoundland and Greenland.

The Viking king of Iceland was confronted and warned never to turn his ships westward again, or he and all his people would die.

The Vikings, of Europe, now reduced to feeding themselves just like anyone else, fared not much better. Christian saints used their OT powers to direct European armies in victory after victory against the Vikings, driving them into the little patch of land, which is Denmark. For some reason, criminal races never get exterminated. They get sent home with a spanking, after having chewed up every civilization within range.

The pottery ray weapons were returned to the Mayan temples, never to be seen again.

King Arthur's court was a place of manipulative brutality. Arthur somehow collected a group of talented individuals, but other than pulling that sword out of the stone, Arthur himself did nothing much. Arthur was a space man on a mission to control some sector of Earth society for unknown purposes. Everyone knew why Arthur did well in battle. It was because his space age sword could cut through other swords, and steel armour like butter. It may have been psychically imbued with its cutting power at a much earlier time.

Avalon was a psychiatric implant center, perhaps controlled by some of Arthur's enemies, but more likely, by his friends. It was managed by women, and mainly operated by women.

Arthur cruelly manipulated the idiotic Sir Percival to murder the very popular Red Knight to steal the man's armour. The entire town was horrified at the death. They would have unseated the king for ordering the murder, had they known the details. Even in the Dark Age, murder plots were socially unacceptable. Percival was so stupid, he would have spilled the beans.

Arthur had to secretly order a surprise attack as a PR coverup. The Arthurian court saw Percival walk in. How could he do this just after having killed a man? No one would have thought he was there to announce mission accomplished. He was punched in the face, by Arthur's tall, muscular chief.steward. (Another agent from some space society - Most of the court was aware of that fact.) The bruised and bleeding fool was picked up off the floor, and thrown out of the castle. It was too good a treatment for a brawling murderer. There was relieved laughter, and joking for quite a while after the incident, but why didn't Arthur just give him a trial and hang him?

Percival ran off somewhere with the armour, before Arthur's men could seize it. Percival was hated for a hundred miles. It is hard to imagine how he could have lived. He must have had the support of semi-rebellious barons, somewhere, in the border lands. He must have figured that if he defeated enough of the Saxon enemy knights, he could repair his brutal reputation. The real cause of the death of the Red Knight was hidden for a couple of hundred years. By then, tempers had cooled.

The reputation of the Arthurian court rose very quickly because Arthur promoted the highest personal and spiritual virtues imaginable, at least for others, if not for himself. He taught both his knights and his citizens to seek the highest honourable behaviour.

His Major Domo, Kyot, dramatized insane greed, and the most base manipulations, much like Scio execs did in the Twentieth Century. Let it not be forgotten that Arthur died suppressing a full-scale revolt, which could never have happened if he had really governed well, or cared to. Well-governed citizens simply do not take up arms against their leaders. They just don't. Well-governed church members do not depart en masse either. Sir Mordred may not have been a degenerate SP. When he fought, King Arthur one on one, he came out even, against a magic sword, which had killed, about a thousand other men.

The Kazars were a successful coup, which replaced the nobility of Russia, about eight hundred years ago. It all started in a Southern district of France called Languedoc.

Languedoc was a fabulously successful little kingdom prior to that time. The economic success had developed as a result of a great religious victory. The three religions, Judaism, Christianity, and the Muslim faith had come to terms and joined forces to create an overall religion called Catharism, which resulted in a very high culture, and great economic expansion. Meanwhile, Reptilian agents, by the thousands secretly infiltrated Languedoc's armed forces. Since Languedoc was the highest-toned area in the world at that time, her armed forces quickly developed the reputation of being the best in the world. The common soldiers and sailors did not know that all their senior officers were Reptilian traitors.

The Reptilian king, Phillip IV of France (Phillip the Fair) prepared a vastly superior invasion force. His intentions were to plunder Languedoc, and to exterminate the Cathars. His success was assured because nearly all the Cathar officers were his agents.

The Cathars were exterminated with ease. The Reptilian Cathar officer corps very easily made their planned escape in ships, to Russia. In Russia, these supposed refugees were called Kazars, instead of Cathars, for easier pronunciation. Their general presented himself as King of the Kazars. He decided that Kazars should all become Jews, instead of cultivating three simultaneous religions.

Kazarian bodyguards were a sudden fad. Virtually every noble family of Russia hired these wonderfully cultured, and well-trained warriors as their palace body guards. On a given night, the Kazars killed off all Russian Royalty, and nobility. The next morning, Russia was entirely ruled by the Kazars. More or less all the little principalities were also taken over on that same night. Their king's title was transliterated, C-Z-A-R, or C-S-A-R.

Russian society, over the following centuries remained lower toned than European society because of Kazarian secret police, and the mindless brutality of the Kazarian rulers. The Czars and their henchmen ruled unhappy Russia, both brutally, and criminally up until 1917, or so.

When the Commies took over Russia, most of the nobility remained untroubled. They secretly welcomed their fellow reptilian Bolshevik buddies. The Kazars simply switched uniforms, after the Russian Revolution, and became Communist Commissars. No problem at all. The Kazarian secret police became Soviet secret police, and their vicious lifestyles continued unchanged.

Constantinople was the great repository of wisdom for the Western World for nearly a thousand years, after Rome fell. It had the greatest library in the world. The terrible danger was that nearly all the knowledge, and nearly all the scholars were gathered in a single city.

The Markabi-Reptilian planetary screws apparently decided to destroy Constantinople with a germ warfare attack. Whole track research reveals that the conspirators developed a particularly virulent strain of Bubonic Plague in their underground laboratories. Microbiological laboratories of that calibre did not exist in any surface dwelling earth society. It is known that the Black Death originated in Constantinople, which was the chief target. The screws just emptied their germ canisters somewhere in the city, and achieved genocide, not only in Constantinople, but also, across all of Europe.

The plague was most virulent at its origin point, because there it was in its purest strain, fresh out of the laboratory. It killed off about ninety five percent of the population in that area, terribly weakening the city. As the plague travelled from country to country, it killed smaller, and smaller percentages. It reverberated back and forth across Europe, and finally died out, more than two hundred years later.

The next attack on Constantinople was a military invasion by the Turks. The screws wanted to destroy that library. It is said that even in her state of weakness, Constantinople was a formidable fortress. The Pope, in Rome was a screw agent who arranged for a betrayal. The gates were opened to the enemy. Thus, ninety nine percent of the knowledge in the

western world perished. Vast historical records, terrific spiritual wisdom, advanced technologies, all gone.

The different ages of Earth society over the last few thousand years were caused by victories and losses in local space wars, and changes in permitted technology, with each minor change in extra-terrestrial management. The real planetary management was always in secret space fortresses and in underground bases. The steam engine may have been invented dozens of times before such an inventor was allowed to live, (Several times have been recorded.). The mass murder of inventors is a stinking Earth tradition, which continues to this day. Space wars heralded the Graeco-Roman civilization, the Dark Age, and the Renaissance. Rumour has it that another space war has recently occurred to herald the post-modern era. How much contempt does that manipulation deserve? Lots.

It is interesting how the sub-surface manipulators, now and then get their political plans knocked askew. In WW I, a small group of Canadians turned the tide by unexpectedly handing Germany her greatest defeats. It started during the first German gas attack, at Ypres. The Germans were supposed to win that battle. Treacherous Allied officers placed the deadly Canadian artillery ridiculously close to German lines so that the unprotected big guns could be overrun in a few minutes. The German plan was to turn the captured guns against the Allies. The French army panicked and ran at the first whiff of poison gas. The fantastically outnumbered Canadians had never heard of mustard gas. It was said that many of them hallucinated simultaneously, from the gas and thought they saw the Knights of Saint George in the trenches, helping the men and urging them on in battle. They had no gas masks, and no artillery support, but they won the battle anyway, and ended Germany's hopes. The Royal Winnipeg Dragons recaptured the artillery batteries, still intact. (Actually that was spelled Dragoons.) The surprised German General Ludendorf at a later time declared a further defeat at the hands of the Canadians, "The Black Day of German Arms", for on that day, Germany lost all advantage gained from her defeat of Russia.

Major General Curry, who led the Canadian units, to victory, after victory, was publicly reviled, by both the reptilian controlled press, and by the Canadian Government, for the rest of his life. His crime? He was a non-reptilian hero. Fame was a pie to be shared only by suppressive degrados. The criminal traitors who demanded that the l9th Artillery Regiment be placed in the defenseless position were never brought before a firing squad, nor even charged.

The men of the artillery regiment had fallen back into the infantry trenches where they took up rifles. There, they fought valiantly throughout the battle. The artillerymen were publicly shamed for having abandoned their guns. To this day, that particular artillery regiment wears white lanyards, symbolizing cowardice. They were actually very brave soldiers who fought well. They had made the best of a very bad situation. They should all have been praised for their help in the victory.

In the Korean war, another group of Canadians, outnumbered two thousand to one, unexpectedly stopped an attack by a three million man Chinese army. The hills were black with Chinese. A guy named Mitchell, from Winnipeg, refused to stop his machine gun and leave his trench, "Mitchell won't quit." so the entire Regiment joined in. That was about thirteen hundred men. The Chinese invasion force was stalled long enough for the US seventh Fleet to move into position, for artillery support. US President Eisenhower personally bestowed a medal on every one of those Canadians. Not surprisingly, all records of that event were ordered sealed, and have been sealed for fifty years. If that had been an American unit, there would have been a hundred fifty movies made about it. One would suspect that there are still people alive who had conspired to lose that battle. The evidence of their treason would be plainly seen from records of what was done prior to the Chinese attack. The Canadians had actually disobeyed official orders to advance to the rear. (The Canadian Army was not allowed to say "retreat".) They pulled off the victory instead.

That is not to say that Canada is an instrument of God. There were many such incidents, like the Japanese saint who stopped a Mongol invasion with one well placed arrow, and another Japanese saint who generated hurricanes which destroyed Mongol invasion fleets, (on two separate occasions). A French peasant girl, (Lucifer), Joan of Arc, made herself into an instant general and drove out invading English armies. The reptilians had to scramble to change their plans each time something weird like that happened.

Prior to World War II, Hitler brought the German nation through fabulous economic growth period, while the rest of the world was in a great depression. The Nazi leadership took false credit for wonderful management skills. The real cause for the German economic success was that the international bankers were pouring billions of marks into Germany. It is dead easy to have an economic boom, when yours is the only nation in the world with money to invest. Raw materials were very cheap, because every other nation was, at that time, scraping for their pennies. The international bankers wanted Germany as prosperous as possible for the purpose of building a war machine. Hitler was required to repay the bankers with plundered gold, and he did.

World War II was a fake war, almost totally manipulated by the Illuminati. The date and the nature of the Japanese attack on Pearl Harbour were known to both American and Canadian intelligence, a month and a half, in advance.

The causes of World War II, as shown in the school history books were all false. That cute list of causes was quoted straight from the Nazi propaganda machine. The real cause was that the Illuminati, and the reptilians had long planned the war, and had chosen their reincarnating war leader, Hitler, as early as l918. Ref. "The Spear of Destiny" by Trevor Ravenscroft. Hitler did not start the war because of his international management difficulties, nor did he start it because he lost his temper. He had always wanted that war.

The Germans could have been stopped during the Battle of Britain, but British fighter planes were not permitted to have the best available armament, which was .50 calibre machine guns. Colt, like Lee Enfield, had factories all over the world. Colt could have and would have easily supplied the British Air Force with a few thousand 50 cal. weapons.

The Brits were forbidden to attack German airfields during the Battle of Britain. They could have wiped out the German air force on the ground. The reptilian criminal traitor General Montgomery also forbade allied fighter craft from strafing German armour with their rockets. The criminal Allied Air Command forbade the use of bombers against the armoured German Panzer Corps, and in almost all instances, forbade the use of bomber forces against German front lines.

The Brits developed an excellent main gun for tanks. It was equal to the German 88. The US forces were offered the gun for their Sherman tanks. If they had adopted the British main gun, the Sherman with its speed, and maneuverability, would have been a tank killer, vastly superior to the German Tiger tank. The Americans stayed with their weaker, less effective main gun. Because of their refusal to properly arm their tanks, the Americans unnecessarily lost thousands of tanks, and many thousands of lives.

The author saw, from the air, that German armoured concentrations were sitting ducks for allied bomber attacks. If British, and Allied fighter planes had also been turned loose, they also would have ended the panzers in a very brief time. He burst into air command headquarters, demanding that bombers be used. Every Panzer corps would have been wiped out in one day. The officer in charge smugly announced, “We can’t bomb them. They’re SS.” The SS were Hitler’s special army of blonde blue-eyed men, intended to become the master race of a conquered Earth. So, the little blondie SS boys were to be protected? That British officer should have been shot on the spot for high treason.

Allied Losses in the D-day invasion were 30,000 men. The losses should have been about five hundred. The men were sent in, to be slaughtered, by Hitler’s beloved shore defences. The Allied air forces were given the job of bombing the French coast, to soften it up for the D-day invasion. They should have pulverized every square foot of the Normandy beaches, as well as the bluffs along the shore. The Frech coast should have been a moonscape. It would have taken several days, at most. Oops, they said. “We missed the target”. Duuhh. They had precision radars, and all that stuff, far superior to the German technology. If you can hit a specific factory at will, from an altitude of twenty nine thousand feet, you certainly can’t miss a target several miles long, and a mile wide, unless you really, really want to miss. There was no German air cover at all, prior to D-day. The bombers could have come in as low as they wished. There should not have been a single intact obstacle in the water, and not a yard of intact barbed wire. Every bunker should have been blasted into ruin by thousand pound bombs. Then let the D-day invasion come.

For a long time, there were more than twenty thousand Allied fighter planes swarming over Europe. Almost no enemy train, tank, nor other military vehicle, nor barracks, nor supply depot, nor even a machine gun nest, could have survived such a pack of hunters. Aerial photography was so good that camouflage was nearly useless. The fighter planes were not fully turned loose, until the Battle of Berlin, in the last days of the war.

The Unites States alone, built eighteen thousand Mitchell medium bombers, and eight thousand B17 bombers. There were thousands of B26 bombers. There were three thousand B29 bombers. There were also thousands of Lancasters, Wellingtons, Canberras, Mosquitos, and other heavy and light bombers, built by the Brits, Canadians, and Australians. The allies built, probably, more than forty thousand bombers of all types. A single raid by only 500 bombers destroyed a stretch of German front line five miles wide, and one and one half miles deep. That front line was a sea of mud. Almost nothing lived. The entire German line at that time was only about 35 miles long. The Allied armies of WW II did not need to fight. All they really needed to do was mop up a few staggering survivors, now and then.

During mild weather, using the Norden bombsight a fleet of bombers could bomb one side of a street, and not the other side. For a sick PR stunt, the treacherous allied air command ordered a tactical bombing raid in support of American troops during a near hurricane. Of course, some bombs missed the Germans, and 300 American troops were killed, including an American General. After that, the air command could say, “See, tactical bomber support is dangerous to our ground troops, and must not be used.” That was true if you were Nazis, which our American and British leaders were.

Allied armies trapped virtually the entire western German force at Calais. Generals Bradley, and Patton were sick bastards. These two traitors ordered that the allied pincer movement not be completed at nearby Falaise. US artillery killed ten thousand over eager American troops in order to protect the helpless retreating Germans. According to available day light air photos, German armour escaped through the Falaise gap, driving unmolested, eight abreast, both sides claiming victory in the Battle of the Falaise Gap. There was no such battle. The Germans were set free in order to lengthen the war.

The allies had enough bombers after mid l943 to end the war immediately. After D Day, they could have bombed out the entire German front line in one day. The Allied air command introduced a new concept called strategic bombing, so as not to hurt the scarce German troops. Strategic bombing supposedly meant to bomb German factories. German factories were not worked by Germans, anymore, but by six million slave technicians brought in from conquered countries. The German nation, to this day, takes the credit for the amazing amount of armament produced, even though it was not Germans, who did the production. Strategic bombers eventually destroyed the slaves and the factories, but they mainly

bombed haystacks. They avoided bombing many areas because they wanted to keep Germany fighting.

The US Eighth Air Force had far too many bombs for the number of targets. Luneburg was totally annihilated in one night by a bombing raid. The Germans could not understand why the mud patch, which was the former Luneburg was re-bombed over and over again for forty consecutive nights. It was to dispose of bombs, which would have ended the war if properly deployed.

Most Allied bombers had no peep holes in their floors, and no defense for an attack from below. German night fighters, equipped with radar, would knock out thousands of bombers from below. The allied air command was very well informed about the night fighters, and their tactics. Those night fighters could have been easily defeated, with the correct radar detectors, and belly guns, but treason was successful again. The Allied Air command refused to allow anything to be done about the situation.

Radar sites are very detectable. More than half of the German submarine fleet was destroyed within a few months because the Allies so easily detected the submarine radar, which was called Metox. Flying boats usually attacked German subs, within minutes of radar being turned on. Per a surviving U-boat commander, Ref. Iron Coffins, Germany had, at the end of the war, only three combat-capable submarines left, (99 percent losses). The rest were scrap subs, submarine barges, tankers, experimentals, and other non-fighting vessels.

Germany experienced a hundred times more allied air patrols than did the Atlantic Ocean, but portable radar in Germany stayed immune, to lengthen the war.

The allies knew the location of 29 out of 30 portable German radar sites. They knew the exact frequencies of these radars. These sites were never attacked, and never destroyed. The Germans were horrified, after the war, by this fact. Without radar, the Luftwaffe would have been slaughtered in a week. They would have been flying blind. The Russian air force, having no radar, was horribly mauled. The British government should have been more horrified than the Germans. They should have brought the entire allied high air command to court martial, stood them up against a wall, and let a firing squad have at them.

Allied fighters and bombers were told to fly certain highly predictable patterns at certain hours, so that they could be picked off, by weak German forces. Pilots were told, “We fly these patterns to show the Germans that we are not afraid of them.” Offering your bodies to be slaughtered is not good battle tactics. I don’t care what anyone says. It is not even good PR. German pilots unsurprisingly developed contempt for all other flyers.

The author heard, on more than one mission, base radio operators, supposedly carelessly, betraying squadron position and direction over the air. The rest of the squadron did not think anything was amiss even though, according to their training, security was being horribly breached.

The author's bitter cursing complaints over the radio were considered unacceptable rudeness.

On one particularly suspicious mission, the author tried to tell his squadron that they were flying straight into a death trap, but to no avail. The response was silent sneering scorn. Shortly before enemy contact, the author gunned his engine, and gained altitude, "Oops I am having some difficulty with my controls. My plane keeps climbing." "Aw you guys are being surprised, swarmed and wiped out by superior German forces. Shucks." "I am shooting whatever I can, but there is only one of me out here."

The next squadron listened good. They somehow misinterpreted air command orders, managing to be in unpredictable places. They survived the war almost intact. The author's name was Jimmy, by the way. Jimmy left that squadron quite early, for the Pacific Theatre. The US Pacific air command committed less harmful manipulations, usually to make heroes out of certain dud flyers, and to prevent too competent pilots from being inconveniently named as aces.

General Patton, in Europe, ordered his forces to retreat, and wait for thirteen weeks, to lengthen the war. Near that time, Patton had the experience of holding, a mighty talisman, the Spear of Destiny, in his hand, (The spear which pierced Christ's side.). He got too much religion, shortly after that incident, so he was assassinated, some say.

Per legend, he, who gains both the Holy Grail, and the Spear of Destiny, will rule the world. The grail quest continues to this day. The Nazis spent about five billion war-time dollars on the grail quest. Many more billions have no doubt been spent on the quest since that time.

CHAPTER 21
THE DEQUACKERATOR, AND NECROMEDICON

1. WORLDWIDE HEALTH FRAUD, AND HOW IT WORKS

For a physician to oppose more effective treatments, just because they are discovered and delivered by other schools, grossly violates medical ethics, and is thereby fraud.

With concern for the health of mankind, here are two very valuable terms to communicate some major differences among health sciences.

2. TOXITROPHIC MEDICINE uses non-nutritive, more or less poisonous substances to divert bodily resources or alter body chemistry to induce health, or the apparency of health. Toxitrophic substances are usually not found in a body's normal living metabolic processes.

3. NUTRITROPHIC MEDICINE uses nutritive substances at non-poisonous dosages to produce health by feeding bodily functions to strengthen and enhance them.

There are, of course other comprehensive and successful systems of healing such as Homeopathy, Radionics, Osteoopathy, Reiki, Dianetics, Bach Flower Remedies, etc. which use neither toxins, nor nutrition.

4. PHYSICIANS DEDICATED TO HEALING WITH POISONS OVER NUTRITION

Thousands of morbid "side Effects" listed in pharmacopeia manuals prove we have, in our midst, a vast technology of poisons. The ancient Greek word for poison was pharmacon. There is, and must be, very strong legislation regarding Toxitrophics. (Which kill or sicken thousands, or (millions) of Canadians annually by addictions, overdoses, drug sensitivities, and "side effect illnesses") Toxitrophics has no more business designing legislation for Nutritrophics than bus lines have in regulating airlines, lest airlines be exterminated.

The word "QUACK" refers to "Quick Silver", which is another name for the poisonous substance, mercury. A "Quack Silver Doctor" used toxitrophic mercury compounds. He sometimes made people well, and often made them ill. Today's quacks use toxic metallic compounds, toxic petroleum based compounds, nuclear radiation, live electricity, and other injurious substances and energies. Some modern names for quack physicians are, MEDICO, GENERAL PRACTITIONER, MEDICAL DOCTOR, ALLOPATH, and PSYCHIATRIST.

The Medico calls other healers quack when the name correctly applies only to himself. The Quack Medico threatens the entire world with force if alternative healing methods are used. The Quack Medico does not return payment when his treatments fail, or cause harm. He uses mass bribery to retain total monopoly on public health education. He favours a thousand techniques, which are needlessly expensive and horribly destructive, and dangerous to public health.

In a similar vein, the quack medico screams that holistic practitioners keep wanting to invade the field of healing, which supposedly, properly belongs to the medico. The medicos claim that holistic healers want nothing but money money money. The truth is very plainly the exact opposite because there is simply not a lot of money in holistic healing. It works too fast, and too well. Holistic remedies remedies are far, far too cheap, to get rich on, averaging something on the order of one hundredth the cost, of a course of medical treatment. It is the medico who is greedy, and money mad. Holistic practitioners would love to do heal-offs, a few hundred patients per side. A master of holistic healing systems would defeat the Medico by about ten cures to one and the holistic healer would do his healing in a fraction of the time. That is why you will never see heal-offs.

5. LONG HISTORY OF MEDICAL CONSPIRACY BY THE SUPER RICH, NOT A CONSPIRACY THEORY, DOCUMENTED FACT

Quack Toxitrophic medicine has, for more than a thousand years, been associated with the current richest family in the world, perhaps for a lot longer than that. The poisonous nature of Toxitrophics makes it suitable for perverted wisdom, evil powers, and non-fictional mad scientists bent on genocide and world domination. The medical field is just one aspect of the Illuminati global conspiracy.

The destruction of Jundi Shapur in Afghanistan, more than a thousand years ago, by Moslem forces was to thwart a conspiracy masterminded by the super rich Ben Jesu family. This conspiracy was a team effort by evil physicians and other "men of discreditable learning". They intended to conquer the world with superior weapons, perverted medical knowledge, and spiritistic practices. They were a growing threat until descendants of Mohammed led armies to destroy their home base, killing most of their agents.

It is believed that the Muslim faith was founded largely to thwart the Ben Jesu conspiracy at a time when Christianity was still too weak to cope. The Ben Jesu medical power base was apparently soon reestablished as a lesser force in Vienna, Austria. Vienna was, later unsuccessfully attacked, by Sulieman the Magnificent. Vienna remains to this day, a major world center of medical global conspiracies. All psychiatrists must go to Vienna, to study for a time. Vienna's most famous conspirator was, of course, Adolph Hitler, a drugged psychiatric puppet. Plans for the Holocaust and for Hitler's New World Order originated in Vienna, from the psychiatric branch of the medical community there.

Several centuries, after Jundi Shapur, came another medical conspiracy financed by the richest family in the world, the great European banking family, the Fuggers. The fuggers had a virtual monopoly on European mining and banking. Their infamous front man was one Paracelsus.

Paracelsus was named "The Father of Modern Medicine", because he was the greatest quack of all time. He promoted great quackery after he observed how expensive refined metals were. Paracelsus was an alchemist, not a physician. He was hired to promote medicines made from metals from the many Fugger mines.

He compounded many metals into medicines. The active component in his medicines was very often mercury, which made Paracelsus a quack by the purest definition of the word. Toxitrophic quack medicines caused so much harm that mass hatred was generated, eventually spreading throughout the world. Paracelsus was frequently run out of town, apparently over side effects from his poisonous medicines, as well as his highly immoral lifestyle. It was a neat trick by the modern Medico to divert the hatred, which was earned, by his profession and direct it at the innocent workers in other health technologies.

Paracelsus began his rise, by famously curing a handful of patients "whom no other physican could cure", yet history bluntly states that he contributed nothing at all to medical knowledge. A perusal of his writings

reveals no applicable new medical knowledge. With Fugger money and Fugger agents behind him, Paracelsus could easily have conspired to fake well-publicized "cures", by having his wealthy and famous patients cease taking poison when "treated". With all due consideration to the low ethics levels of both Paracelsus and the Fuggers, it is more than likely that all his praise was gained by Fugger bribery and public hoaxes. Wealth for the Fuggers was his only real product. Toxitrophic Allopathic Medicine became a major influence in Europe, thanks to Paracelsus' PR actions and Fugger wealth and influence.

Beginning in the 19th Century, again, the richest family in the world, the Rockefeller family, glorified quackery into world power. Per World Book Encyclopedia, John Rockefeller obtained oil billions by criminal means, then became a "Philanthropist", which means a person who supposedly loves people, and uses his wealth to help mankind. All Rockefeller help had twisted goals of worsening the human condition while gaining fantastic wealth indirectly for Rockefeller.

John Rockefeller's faked philanthropy totally dominated university training and research. He perverted the use of national educational resources toward developing toxitrophic drugs made from substances from Rockefeller's oil refineries. The drugs were to be produced in Rockefeller chemical plants and sold through Rockefeller drug store chains Ref. Who's Who.

The top capitalists of the world appear outwardly to be hostile competitors, but privately, they form cartels. They were all part of Xenu's general staff for countless ages. A famous showing of their friendship was when the richest families of the world secretly sent representatives to Jekyl Island in 1910 to organize the US Federal Reserve cartel. Ref. "The Creature, From Jekyl Island". This became an open conspiracy when two of the members wrote books about the event. The books were published after the Federal Reserve had become so entrenched that no force on earth could bring it to justice. Similar organizations were set up in many other countries. They were called central banks, and they served the same function. The Federal Reserve collects interest on money, which it prints for the United States.

Very few universities could thrive without grants from vested interests, like the Rockefeller Foundation. In gratitude, universities, of course, would teach a Rockefeller dictated curriculum. Their quack graduates learned very well to utilize Rockefeller manufactured drugs, scoff at other treatments, and rarely utilize nutrition. Other Rockefeller researchers developed Toxitrophic Agriculture, as well as Toxitrophic Chemicalized Food Processing, and Toxitrophic Genetic Modification of food plants. Toxitrophics now threatens the human race, as well as every life form on Earth.

6. TOTAL CONTROL OF THE MEDIA

In the early part of the Twentieth Century, virtually all the newspapers, in North America, were bought up by Randolph Hearst, and Lord Beaverbrook. The big boys control all the radio and television

stations. Now, there are subliminals, even in the music. We have been subjected to eighty years of brainwashing. Our minds are as messed up as the lying media can possibly make them. Just know that we are being led into error, by almost every single official communication.

7. WEALTH USED TO SUPPRESS KNOWLEDGE AND PERVERT SCIENCE

Rockefeller cronies hired a pseudoscientific hoaxer to misguide governments into enforcing medical monopoly. The Carnegie Foundation for the Advancement of Education financed Abraham Flexner to develop a spurious document entitled, “Medical Education in the United States and Canada”. His work was released in 1910. His purpose was to attack and destroy our most effective methods of health and healing, and to authorize toxitrophic mass poisonings, which are genocide, and crimes against humanity. It is commonly called, The Flexner Report.

8. SCIENTIFIC AUTHORITIES BEING UNSCIENTIFIC

Flexner recommended that only “Scientifically Proven” medicine become the standard for schools, but he perverted the meaning of the word “Scientific”, to exclude any science other than that manipulated by research grants from Toxitrophically oriented multinational cartels. If a treatment did not make money for some cartel, funding would never be granted for Flexner style testing and approval. The schools and universities were now Rockefeller’s propaganda machine. The taxpayer was now funding an apparatus to build international prejudice.

Training for so-called Alternative Medicine was banned from public schools. None could be taught, no matter that it worked better and could prove more scientific than Toxitrophics. The ranks of alternative practitioners were decimated. Naturopathy, Herbalism, Chiropractic, and Homeopathy faded.

9. PREJUDICED POWERS

Because of the Flexner Report, the toxitrophic community gained all appointments as governmental medical authorities. Flexnerite officials were, in effect, both brainwashed and bribed. They had the monopoly and the final say on what was supposedly true. Naturally, Flexnerite authorities adjudged the toxitrophic community “correct”, and “Scientific”. Medical research permanently lost the honour of free thought.

Communicating about alternative medicine to these bigots is just like trying to report a flying saucer sighting. Mass hysteria, by the way, is when ten thousand scientists believe the official government line on flying saucers. It happens all the time. We need bumper stickers saying, “They are not UFOs. They are alien ships.”

10. DESTRUCTION OF THE EDUCATION SYSTEM

Rockefeller cronies achieved domination over schoolteachers by means of grant money. There is no meaningful difference here between a

grant and a bribe. Teachers College in New York was specifically operated on cartel orders to train supervisors over teachers, and teacher training. Ref. World Book Encyclopedia. Teachers are brainwashed into using ineffective methods and fired if they do not conform. They actually believe that their profession is one of truth and goodness. (Mass hysteria is most common among the university educated.)

Sight Reading and new math is out gradient instruction, and useless concepts intended to make literacy and math study difficult. All the cumulative disasters in education are installed and enforced by the agents of the Illuminati for their thought control agenda. Progressive Education is a code word for brainwashing school children. Ref. World Book Encyclopedia. It is deviously stated that teaching life skills is no longer a concern of the schools. Brainwashing is now the chief function of schools.

Any teacher applying effective teaching technology would be instantly fired. We have tech writing, phonics, Key to Life study tech, word clearing, and word association clearing..

Teachers and professors have enforced superstition for so long, they will have a tough time in life, and will have a tough time, making spiritual gains.

11. HOMEOPATHIC SALVATION
- WHICH SHOULD HAVE BEEN AND MUST BE APPLIED

The homeopathic remedy for mercury poisoning, is begun, by diluting a highly toxic mercury mixture, a thousand times. That is done by placing a single drop of the poison into a liter of distilled water, then shaking that mixture a thousand times or so. Then that diluted mixture is diluted another thousand times by placing a single drop of the thinned mixture in another liter of distilled water, then shaking that mixture a thousand times. The procedure of dilution and shaking is repeated two hundred times, or three hundred times. The mathematical dilution factor is one followed by either six hundred or nine hundred zeros. That last liter of water is dabbed onto tiny lactose pills.

So-called scientific community scoff at the idea that a dilution of that magnitude could turn a poison into a remedy for that particular poison. The so-called scientific people cannot confront the idea that there is a theta factor, which makes homeopathy work, hence, their prejudices preclude even testing, and observing homeopathy at work.

The reason for this little essay on homeopathy is that there are thousands of vitally important homeopathic remedies missing from the modern medicine shelf. Since homeopathy was discovered, there are thousands of new environmental poisons, as well as thousands of new pharmaceutical poisons. We need homeopathic remedies available for all these poisons when we do our purif.

An organized Scio group could promote into existence a market so that people on this toxified planet can heal en mass with homeopathy.

Here is a partial, basic list of environmental poisons which should have homeopathic treatments.
The flouridation mixture
Chlorine compounds used for water purification, and all other toxins use in so-called water purification.
Tetraethyl lead, and other lead compounds.
All pesticides
Coffee
Malathion
Roundup
Nutrasweet
Sucaryl
Chem trail residues (Aluminum Oxides, and Barium compounds, that we know of , plus whatever else can be detected in the lab.
Mercury – Actually, the homeopathic remedy for Mercury is generally on the market.
Silver iodide (A poison used in so—called hail suppression)
Formaldehyde
Canola oil
Soybeans
Urea Formaldehyde- used in insulation foams
Formalin – used in construction materials
Food preservatives
Food colourings.

There should be a Scio research project to list all environmental poisons so that they may be remedied on the purif. There should be homeopathc remedies for the entire poisonous US pharmacopeia. All industrial poisons should also be listed.

There is a computerized electronic system, which can apparently detect, which of the thousands of toxins, one has been harmfully exposed to. Life Systems is one of the operating names of this company. How well their programs cover all the desired toxins is worthy of investigation. Any missing toxins can be added to their programs.

One may assume that all this environmental toxicity is part of a planet wide genocide program. If one wants to survive, one is advised to handle the problem.

12. HARMONIOUS TRACE MINERALS, AND REGULAR MINERALS.

There is currently no mineral supplement, which provides all the known, needed trace minerals. Someone should organize some holistic suppliers to provide such supplements finally, after all these years. It would not be a terribly expensive undertaking, and the supplements could be marketed to the general public. It would be optimum to mix both bulk and trace minerals together but not all in the same pill.

If you try to mix too many foods, minerals, and vitamins, in a blender, you will get a horrible brown mess, which tastes just awful, and would not nourish, worth a damn, because the flavours would clash. Not

only that, if you stored the mix for some hours in the refrigerator, the substances would chemically interact to produce some even more undesirable substances, and even more vile taste. That is why you cannot make up a pill, nor a canned food supplement, which contains all nutrients, which your body needs.

There are at least five corresponding circular charts to be used here. The colour wheel would be the primary orientation chart because it is easiest to comprehend. We would also use the circular version of the periodic chart of elements The Chinese twenty-four hour meridian clock the periodic table of elements, the body meridians of Chinese medicine.

It is so beautiful that all these line up. Dozens of other wheels line up with these, as well. All foods, and herbs should also be spectrographically analyzed to determine their colours.

The colours of the elements of the periodic table were determined by bringing them to incandescence, and analyzing the light with a spectrograph. Every column of the periodic table names elements, which have the same colour. For example, you know that Calcium is orange. Every element in the same column as calcium would also be orange.

Using the colour wheel for orientation, one can see which minerals would clash, and which would complement each other. The mineral supplements should be grouped into four complementary triads, corresponding to the four complementary triads of the colour wheel. That way there would be four separate kinds of multi-mineral pills, each containing minerals, which harmonize. Each of the four kinds of pills would be taken every day, during their appropriate harmonious hours, along with the appropriate foods. Appropriate harmonious exercises would also be done. The best time to take these supplements would be at the complementary two-hour periods of the day specified by Chinese Medicine. That way, you would get three optimum chances per day to take any given multi-mineral supplement.

It is interesting that milk is a sort of universal food, and it is white. In theory, milk would be taken at any hour.

13. COLOUR CLOCKS

COLOUR HOURS – DEFINED – A colour hour is very close to two horological hours in length. It is the specific two-hour period of the day, during which any one of the twelve body meridians is most active.

THE COLOUR CLOCK – DEFINED – A clock with a colour wheel for a face, and a single hand, which takes twenty four hours to make a full circle. The outer edge of the harmonious hour clock would be marked with the hours of standard time, but you would probably keep a standard time clock on the wall next to the colour clock. The colour hours are diagrammed as twelve two-hour sectors on a twenty-four hour clock face. . Colour hours are named by their colours, not by numbers. Every day, there would be a red hour, a lemon hour, a magenta hour, an indigo hour and so on. Ref. Healing for the Age of Enlightenment, by Stanley Burroughs.

The colour clock would be used for timing many health activities.

The colour clock would be set, not according to standard time zone, but according to the moment of high noon, for the local meridian of longitude. If one is near the border of a standard time zone, the setting of the colour clock would differ from standard time, by about half an hour, and that can be quite important for some work.

There would be a triad of three two-hour periods per day when it would be optimum to take a given harmonious triad of multi mineral supplements foods, and exercises, etc.

The colour of the hour can enhance many more activities than nutrition, and exercise. There would probably be an optimum hour for planting a seed, or getting pregnant, or watering some plants. This technology can be gathered up from around the planet, and can go far.

14. THE END OF MODERN MEDICINE

The real job of the medico is bone setting, and surgery, for wounds. Medication is the job of the individual, and an easy job it is.

The medical fraternity knows that most of their medication is worthless, or worse than worthless. In defense of their wealthy business, they want self-medication to be made illegal, but that would be unenforceable.

It is possible to train an individual in a couple of months, to handle nearly all aspects of disease, and personal health. This is a GIANT REALITY SHIFT for some people, so I will write it again in other words. IT IS POSSIBLE, AND IN FACT VITAL, FOR YOU TO BE YOUR OWN DOCTOR, AND IT DOES NOT TAKE VERY LONG TO LEARN. Medical oppressors do not want you to know enough, to be your own doctor. They are megalomanic, badly trained crackpots who want a very profitable monopoly, and the right to serve you very badly, without your having any recourse to justice when they harm you, or when their fake cures do not work. The medico sells a lot of fake cures.

The main current problem in personal health treatments is herbs, supplements, and equipment, being intentionally made scarce or unavailable, and altered by things like irradiation. The big assist for personal health is that modern hygiene (Not vaccinations) stops epidemics in their tracks. There is considerable evidence that virtually every epidemic we have these days is generated by the medicos themselves.

Personal training in self-medication requires courses in Herbalism, Vitamins, and Nutrition, Colour Therapy, Homeopathy, Oriental Medicine, Physiology, several holistic diagnostic systems,and several other subjects. This training does not take long at all. A Scio, who has mastered holistic health technologies and engram self-auditing, is basically immune to disease. The only thing, which gives him much trouble, is enemy action, using germs, radiations, psychotronics or environmental toxins, and he can usually beat even those. Have the guts to take these studies on man. It is your life at stake here.

Medicos, historically, used to be barbers. They can cut hair again. They are already trained as butchers. They are therefore still employable.

16. FIFTH DYNAMIC SUPPRESSION

Genetic manipulation is intended for 5D suppression. Ordinary vegetables are being transformed to biologically generate psychiatric drugs so that entire populations can be kept sedated by eating their ordinary meals. Further 5D suppression occurs when a race is genetically modified (like the reptilians) so that it can only live off the suffering of humans. Animal and human plagues are generated in laboratories for genocide programs, and to generate artificial dangers for political manipulations. Cattle should not be fed meat nor meat by-products. Disease germs should not be genetically designed in laboratories, and spread around.

CHAPTER 22
SCIO SELF-DEFENCE

1. ASKING YOU TO CONFIRM A QUOTE OUT OF CONTEXT.

This is a nasty little trick done at interviews. An agitator at a public meeting asks you if you said so and so, quoting some line out of context. Never confirm that you said anything. Always ask where was that quote from, and what was the context. If he produces the context, then acknowledge that you said or wrote those words. If he fails to produce the context, tell him, the context on that is not available, or he that had better explain himself a little better than that, and just drop the comm line to him. (He never answered your question.)

If you foolishly acknowledge having said those few words out of context, the agitator can go into a long prepared rant against you, totally misinterpreting those words, and ruining your reputation in front of a crowd. You will plead, like a fool that you did not mean it that way, and please read the context. You might tell him, “Your interpretation is not what I said. I didn’t mean what you said. I meant what I said, and exactly what I said, not what you interpret that I meant.”

2. FUTURE DANGER ZONES

Now and then, you will get a premonition that someone is out to get you. You are twigging on his evil intention. Usually this is not a large danger, it might be an intention to bump you off the roster for parking spaces at work, or some other silly underhanded thing, but you will probably be unable to identify the source. A few days later, you will discover evidence of the deed, like the roster recopied on another board, and your name, not included. Probably minor stuff, like that, but you now have the identity of the suppressor. When you accurately discover his

identity, just do a reach and withdraw on that person by reaching and withdrawing as a theta viewpoint. You will feel the vibration of fear from the individual. When the fear has run out, considerations will run out from the individual, then more fear. When that is gone, postulate getting into good communication with the individual, and more fear will run out, perhaps like a convulsion, plus some regret. You will, of course, remain stable

You will see the social forces, which led the suppressor to the out ethics postulate. There will be more fear, then a new, more pro-survival postulate will form. More considerations will blow off from the SP. Eventually the Suppressors batteries will run down, and he will cease to generate fear vibration. All will be calm. Go back to the secretary in charge of parking and thank her for losing your name, because now you must now be first on that waiting list. If you later have any more problems with that individual, reapply the solution. This is a very powerful technique for maintaining ethics within a group. It will probably keep one from getting unjustly fired from time to time.

Sometimes you meet an individual who has a lot of energy, which throws your communication into a jerky mode, or makes you talk real fast. There is a fear being generated unintentionally by that person. Later on, when you have a peaceful time alone, do a theta reach and withdraw regarding that individual until the vibrations and body jerks run out completely. In a while, you can steadily comfortably confront that individual without him reacting like that. In future, when you meet again, you will have a smoother relationship, and smoother communication cycle with that individual.

3. MENACING INDIVIDUAL - (a person who tries to intimidate you) He is operating with flows, so the effective handling is to reverse the flow. Never back down. That means he has defeated you. Be willing to fight, and indicate it. Tell him to bring it on. Tell him to go for it. (If you audited this far, your reactions are probably three times faster than his, anyway.) He will back off because you are pulling in instead of pushing away as he expected, and wanted. Even if you do get into a fight, it is better to lose that fight than to be intimidated into the period of weakness and sickness, which will follow if you propitiate. If you are defeated, toughen up for a few weeks, then, go back in there, smarter this time.

4. FALSE ACCUSER – never defend your innocence. Innocence needs no defense. Attack the false accuser for being a liar. Denounce him for making this and that false statement which he just uttered. “On what grounds did you make that accusation anyway? How did you come up with that information?” “Since you can not explain yourself, you are guilty of knowingly falsifying an accusation. How dare you accuse me, falsely. No, it is not okay. Your condition is enemy.”

One very much used technique of the false accuser is to misinterpret intentions. This is very popular among the psychotic enforcers of so-called political correctness. You tell a joke and there

happens to be Jewish, cab driver in the joke. The suppressor denounces you for making a racist attack. The joke was funny when the Jew told it to you, and no one was under attack then, but do not argue that way. Attack the fact that this individual is intentionally misinterpreting what you said. With truth on your side, you will win. "You know I did not mean that. You have a twisted mind, which grossly alters what is said. You can't lie to me like that. You must one of those commie agitators, making up vicious stories about people aren't you? Admit it Admit it. Come on. Confess. See. This person is hiding something. Won't talk."

Psychiatrists get people institutionalized, by misinterpreting everything, that is said. They dub in motives, which are not there, and restate what was said with an insane twist so as to put it in a negative light. "We had a couple of drinks, not a lot." The shrink writes, "Patient in denial of alcoholic tendencies." You must refuse to tolerate misinterpretation ever. You are the master of what you mean, not some sleazeball, with no insight, nor information.

In court of law, heaven forbid you should ever be cross-examined by a lawyer, but there is a technology of defending what you mean. Lawyers on the attack will always try to twist what you say by slightly misinterpreting everything. Regarding your statements, an attacking lawyer will ask, do you mean this, and do you mean that. The correct answer is always "No sir, I mean what I said, not what you said." You can tone it down by repeatedly answering, "Well, no... not exactly." Eventually the judge will tire of this cat and mouse game, and tell that lawyer to stop trying to put words into the plaintiff's mouth. Judges aren't that stupid. They know the game.

The theta condition which wins court cases for a witness, for the prosecution, is certainty. Just know exactly what it is that identifies the person who committed the crime, and point it out, when asked.

A person, who argues, typically argues against not what you said, but what they interpret you meant. The handling for this is to ask, "What did you think I meant by ...statement?" When they give some non-coherent interpretation, you inform them, "My words mean what I say they mean, not what you say they mean."

Intelligent people do not have arguments. They have cooperative discussions. If you work it cleverly, you can avoid arguments, and get a lot more accomplished.

5. INTERROGATION – If an interrogator sets up a condition of force, and asks, did you do this, you answer, "You tell me. Was I there? Did I do that?" If he had any real evidence, he would not need your confession. An interrogation is an admission of having no grounds to charge you. At the part where the interrogator states that he will ask all the questions, get enraged at him, demanding that he give a full report of who he is and on what criminal grounds he is asking his questions, and it had better be in writing, and signed by him. If he will not confess, he will be punished, by you. If he will not talk, this interview is over. Interrogators are nothing but criminals trying to extract false confession anyway. At the part where

he threatens you, reverse the flow, and demand to be injured and killed. It is surprisingly comfortable to die that way because you are pulling it in, and confronting. If he attacks, indicate that he is now your target, so he had better finish the job, of killing you, or face the consequences. If he kills you, he was going to do it anyway. Blow the Gloater or Beamer.

6. BEING PSYCHICALLY MONITORED, OR SENSING AN INTRUDER

Occasionally, one will get an uncomfortable gut feeling. Move the gut somatic hither and yon, until you get a bearing on the direction from which it is coming. Move the somatic in that direction and back. You will see the unwelcome individual who is invading your yard, or whatever. You might even see a silver grey space critter on a monitoring mission, sitting above the atmosphere. Move your somatic into and away from the person of concern until you see the black button thetan, or get the motive. The Greys often do not occupy the head of their body, but might live in the gut area. If it is a mere unwanted intruder, just move the somatic into and away from him until he deals with you, or leaves. If you have contacted some mild upset or small suppression, or neighborly concern, it will destimulate, and he will definitely be in touch with you with a friendly attitude, like magic. If it is a gloater, or beamer, blow him.

Most of these space creeps, by the way, are very small, worthless, stupid beings, who do not have much of a life, but do have lots of training. They do not want much, just genocide, plague, cannibalism and wars. Treat them fair, as you would treat any such uh… game, if you know what I mean.

7. PSYCHOTRONIC ATTACK – Electronic telepathic attacks almost always work by beaming some psychopath's enturbulated chakra energy through an amplifier, down a communication line, at some target individual. There seems to be no physical way of armouring one's residence against this kind of invasion, because it works on a theta comm line. The victim's own Know-to-Mystery Banks key in. The victim's chakras go into very aberrated high energy states, throwing body metabolism waay off, thus causing sickness, possibly psychosis, and possible death. A Clear, is much harder to harm, than is a wog. When a being clears his Know to Mystery minds, one by one, he gradually gains immunity. Eventually the self-auditor cannot be attacked by this means, because he cannot be restimulated.

To do a temorary handling, spot the source of the pain. Psychotronic devices are susceptible to two-way flows, so you can beam right back, up the comm line, and through the amplifier machine with good results. Shove his attack back very hard against the individual attacker. If it is a pusher beam, you may pull it with a hard jerk for good results. Some prefer the pulling. Some prefer the pushing. I'm a combination man, myself. By that time, you will have a good picture of the identity of the attacker. The attacker will be a suppressor because no

theta being would take such a job. Confirm what he is in your session, then; blow the 3D Gloater, or the 4D Beamer.

8. BLANKETING

Blanketing involves pulling in a lot of sensation from your body. Fine. Punch out a nice theta blast, plus a small truckload of counter-emotion, a mocked up explosion, if you will. That will give the blanketer some nice sensation to think about. At that instant, demand clean two way comm. You will probably get it, for a time, but remember that you are dealing with a condition of Enemy. Punch through the declaration to this person that he is trying to be an enemy to everyone at once and that he does not stand a chance if he keeps it up.

9. TO AUDIT A BLANKETING FROM THE PAST (OR PRESENT)

Get that buzz of discomfort.
Spot the coloured blanketing field around you in the incident.
Move the blanketing field around.
See the blanketer in pt identity.
Erase the postulates, which will appear.

10. VITAL DATA REGARDING ORGANIZED THREATS

Ex Scios, according to unproven reports may be subject to attacks by various covert agencies. Here is an exposition of a few of the possibilities. They usually mark out your house from a helicopter, usually a black one with no markings. It is not a real black. It is a dull stealth black, sort of tinged with grey, green and brown. They also send out their spooks (agents) to check out your movements, and take covert photographs. You see these guys acting like tourists, but the scenery they photograph is not that great, and it includes you. Often this is done from an automobile while you are driving by.

If you are ex Sea Org, you will have been injected with perhaps three microchips, which are also trackable by satellite. They also often stick a smooth capsule up the nose. It feels like a slippery booger, which will not come out. That capsule is also a tracking device. It guarantees that you will be harassed at borders, and by security staff in many buildings. You are a marked person. Even at a medical college, management will come bounding out to rudely drive you off. Spot the location of the chip. A cut clove of garlic taped to the skin plus a couple of aspirin taken orally, may draw out the chip. Aspirin helps extract things from under the skin for some reason.

Drive-by shootings with microwave devices have been reported. Microwave towers can be programmed to direct a beam at a targeted individual, driving by. A microwave blast usually feels like a sudden, brief headache.

When passing strong microwave towers, the membranes in the nose and inner ear get irritated, causing nose picking, and ear digging. The towers may be intentionally designed to cause physical debilitatation and possibly cancer.

11. EMISSION DISPERSION PAINT RECIPE

Here is a paint formula, which you can apply to the ceiling of your room, or to the roof of your house, or to your car. It may block a lot of beams. It is still experimental. You can paint asphalt shingles with very good results. Apply a coat of latex before applying the alkyd, or you will weaken the asphalt shingle. Boiled linseed oil is a very good grade of organic coating for the dispersion coat. Cheap salvaged mis-tint paint works.

Aluminum , or bronze filings, about a half quart of filings per quart of alkyd paint. (The paint must contain organic petroleum compounds.) Flaked gold leaf is slightly expensive. It is an optional addition to the paint.

Crushed quartz crystals, or calcite crystals, about one gram of crystal, per quart of paint. You can buy crystals in bulk from wholesalers on the web. (Shield your body very well if you smash crystals with a hammer. The electronic emissions can sometimes kill you.)

Crushed garnet crystals. About one half teaspoon per quart of paint. 60 Grit garnet sandpaper has nice garnet crystals. They may work. Tear up the sandpaper and boil it in water to separate out the garnet crystals. Dry the garnet crystals on a coffee filter paper, or however you please.

Crushed hematite. You can still buy very cheap hematite jewelry. Smash up one hematite ring per quart or so of paint.

Copper particles. Cut up fine copper wire pieces as small as possible. Add about thirty or more of these pieces per quart of paint.

Add all those materials and paint away. Good luck

12 THEORETICAL TREATMENTS FOR CHEM TRAIL POISONING
(I do not advise taking these treatments. They are, after all, merely theoretical.)

Treatment #1. For heavy metals, such as mercury poisoning, from vaccinations, and barium, supposedly from chem trail fallout, take lots of broken cell chlorella or asparagus for chelation. Do a purification rundown. Take lots of osmosis purified water, and kidney herbs, and salt tablets if necessary. Exercise for at least a few hours minutes to keep the blood circulating.

Treatment #2. For light metals, such as aluminum oxide, from doughnuts, coffee, coffee whitener, pastries, or chem trail fallout, and soil treatments, eat a lot of steamed artichokes, for chelation, and do the same as in treatment #1.

Treatment #3. For theoretical mycoplasma poisoning, Alzheimers, and perhaps even theoretical mad cow disease: Take lobelia tea, as much as you can without getting nauseous. Relax in a bathing suit, in sunlight, which has passed through a citrine yellow glass pane. Steadily play the sound of the musical note, “E”, on an electronic keyboard, or some other instrument. Vocally Tone the sound of E, in accompaniment, passing the

vibration through the solar plexus chakra. Do this for an hour or two per day, and switch over to light through a violet pane of glass, tone the sound B, while concentrating on the crown chakra. Do that for an hour or two. Take lots of olive oil, and lecithin on your salads.

CHAPTER 23
A NOTE ON KI

KI – READ THE FOLLOWING SENTENCES IN ANY ORDER, JUST FOR FUN.

There are hundreds of correct words for Ki. Every generation and race develops more synonyms for Ki. There is only one true Ki. There are a near infinite number of sources for Ki. Ki always does what someone wants. Some understand Ki instantly, some, never. The physical universe is kinetic. Ki is static. Ki rules are opposite to physical universe rules. If you think you see Ki as a substance, or a flowing substance, then that substance is more or less physical, and is being moved by Ki, which is not physical. Ki masters understand material things. Materialists never understand Ki. Ki science explains Nuclear Physics, Electricity, and Magnetism, where materialistic reasoning falls short. Physical science can never explain Ki. Nuclear physicists professionally deny Ki. Ki science explains health. Medical doctors professionally deny Ki. All creation is imbued with some types of Ki. All Ki comes from Beings. Ki rules the physical. Kis is responsibility. Big beings employ lots of Ki. Popular words for Ki are, Chi, Qi, Life Force, Space, Intuition, Curiosity, Charisma, Talent. Ki is pervasive extension of will, beyond body senses, and body limitations. Witches call Ki magic. Muslims call Ki Fate, or Fata, or Salaam. Christians call Ki Faith. Jews call Ki Grace, or Salem, or Shalom. Mormons call Ki Zion. Ancient Greeks called Ki Theta. Formulas to make Ki work are beyond counting. Ways to develop Ki are as many as you care to invent. Your Ki can reach and interact with the Ki of any living thing or any material thing. Ki is Concentration. Ki is Certainty. Ki has infinite potential. Ki is mystical. Good Ethics protects Ki. Ki is manufactured out of nothing, at will. Ki is a nothing, which is very valuable. Ki technology is trillions of years old. Ki occupies the same space as this universe. Any number of Ki may occupy the same space at the same time. Ki is not solid. Ki moves solids. Ki permeates solids. Ki gives physical results without physical cause. Ki is the real you. Ki is intention. Ki is formless. Ki makes form. Ki is now.

CHAPTER 24
AN ESSAY ON PERSONAL OBSERVATION

ALL SCIENCE IS BASED ON THE CERTAINTY OF PERSONAL OBSERVATION.
EVEN THE SITUATION OF DELUSION DOES NOT CONFUTE THE FACT THAT AN EXACT, AND CERTAIN PERSONAL OBSERVATION HAS BEEN MADE. EVEN WHEN MACHINES, TAKE COUNTS AND MEASURES, COUNTLESS EXACT, AND CERTAIN PERSONAL OBSERVATIONS HAVE BEEN MADE TO DESIGN, TO BUILD, TO CONTROL, AND TO READ THE MACHINE.
PERSONAL OBSERVATION IS SENIOR TO LOGIC, AND IS ALSO SENIOR TO ALL AUTHORITY.
PERSONAL OBSERVATION HAS NO MEANING.
PERSONAL OBSERVATION IS A STATIC. (AN EXACT TRUTH OF LIFE)
BY DESCRIBING PERSONAL OBSERVATION, ONE FALLS AWAY FROM THE STATIC.
SCIENCE IS NOT MEN IN LAB COATS.
SCIENCE IS A NATIVE ATTRIBUTE OF ALL THETANS
ALL FALSE SCIENCE IS BASED ON THE UNCERTAINTY OF THE SYMBOLS USED TO DESCRIBE PERSONAL OBSERVATION, THE UNCERTAINTY THAT AN OBSERVATION WAS MADE, AND THE FALSE EXPLANATIONS ASSIGNED TO OBSERVATIONS.
THUS ALL AUTHORITY, AND ALL MODERN SCIENCE IS FULL OF LIES.
IN SCIENCE, THE FACT OF PERSONAL OBSERVATION IS PARAMOUNT.
IN SCIENCE, THE FACT OF PERSONAL OBSERVATION IS FINAL.
IN SCIENCE, THE FACT OF PERSONAL OBSERVATION IS TRUTH.

CHAPTER 25
HOPES FOR THE FUTURE

There are a number of missing super-technologies, which must be researched, and developed. I assume these technologies exist to be discovered because of gaps in an org board. We have three super technologies now. Div 1 – ethics formulas, Div 4 – tech writing, Div 5 – the scientific method, There must be four more super-technologies, to fill out that org board. One missing super-technology would be for dissemination. One would be for ARC. One would be for promotion. One would be for rule making, and law making.

This book was written in a bit of a rush due to both the intense need for the technology, and the rapidly increasing chaos in the world. This material needs to be expanded and refined. Nothing can beat our top

Scio technos for that kind of work. Let us hope some of them get onto such projects. May the forces of the Galactic Patrol skin alive any person who deletes, degrades, censors or renders ineffective any of these materials.

The auditing material and technology available here, on the internet, in Scio tech bulletins, and in LRH's books is more than a lifetime of daily self auditing. The available gains are far beyond any previous expectations, and it is all for free.

Hubbard wants this planet. He can have it. I want to be long gone, if he ever gets it. LRH wrote about how out of character his Simon Bolivar life was. I agree. LRH was always a Machiavellian. His idea of settling things man to man used to be, to set up a meeting, somewhere, and then arrange for an ambush.

I, and a few billion other beings on Earth share a common goal, with LRH, that beings should get case gain. It ends there, for me. Hubbards men want palaces. I want to mind my own business in some distant place. I must be on my way

Best wishes to you on your journey Lord Exitter